

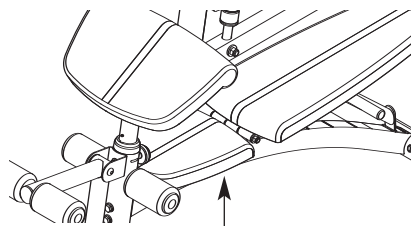
WEIDER[®]CLUB

C725

Model No. WEBE4067.0

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

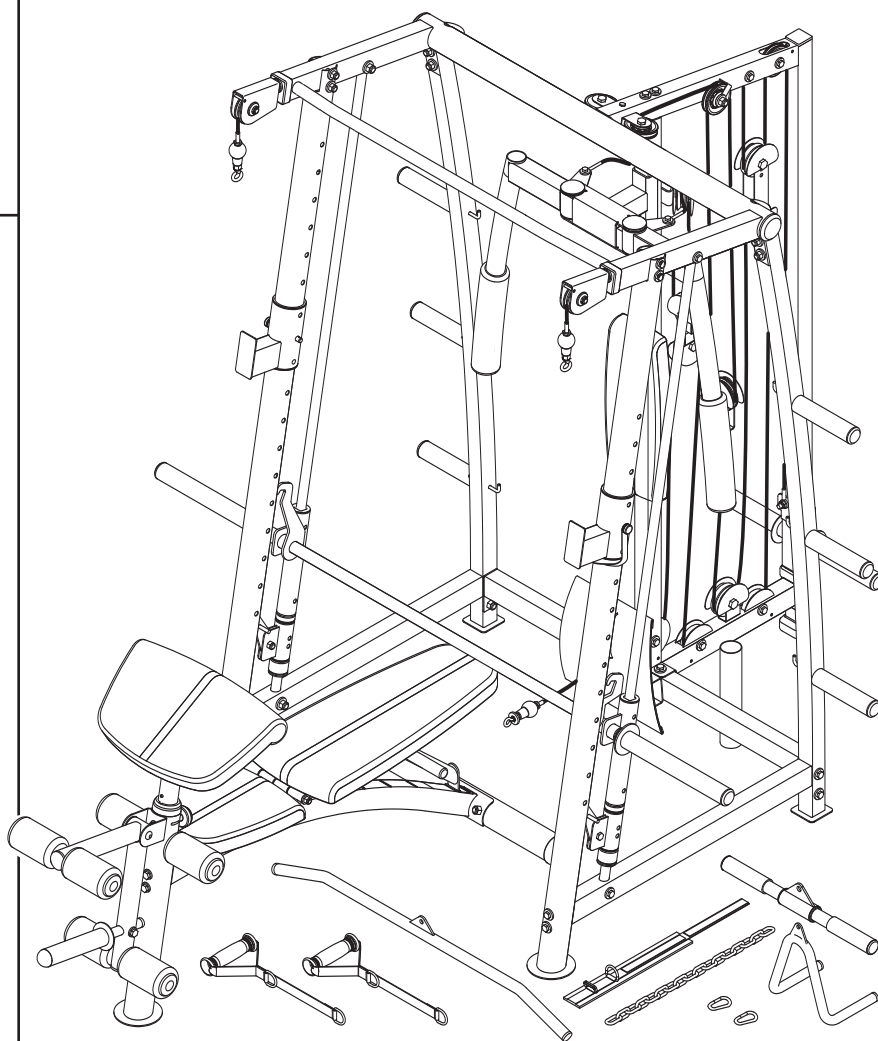
1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.weiderservice.com



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weiderfitness.com

new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	7
ADJUSTMENT	29
MAINTENANCE	33
CABLE DIAGRAM	34
EXERCISE GUIDELINES	35
PART LIST	38
EXPLODED DRAWING	40
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

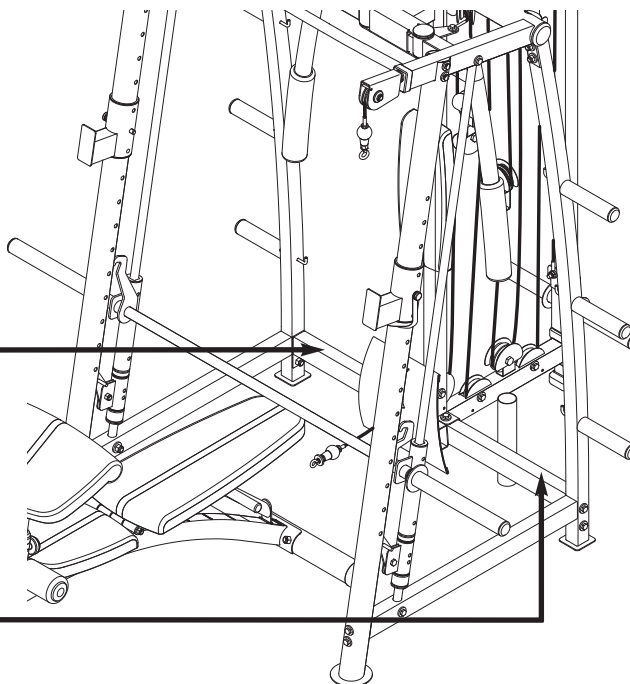
⚠ WARNING

User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight bench only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.
5. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight bench at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight bench is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including the free weight bar, on the weight rests. Do not place more than 150 lbs. (68 kg) on the leg lever. Do not place more than 150 lbs. (68 kg) on the weight carriage. Do not place more than 310 lbs. (141kg) on the barbell.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. Always set all the weight rests and safety spotters at the same height.
13. Always place an equal amount of weight on each side of the weight carriage or barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the lat bar when performing an exercise that does not require the lat bar.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

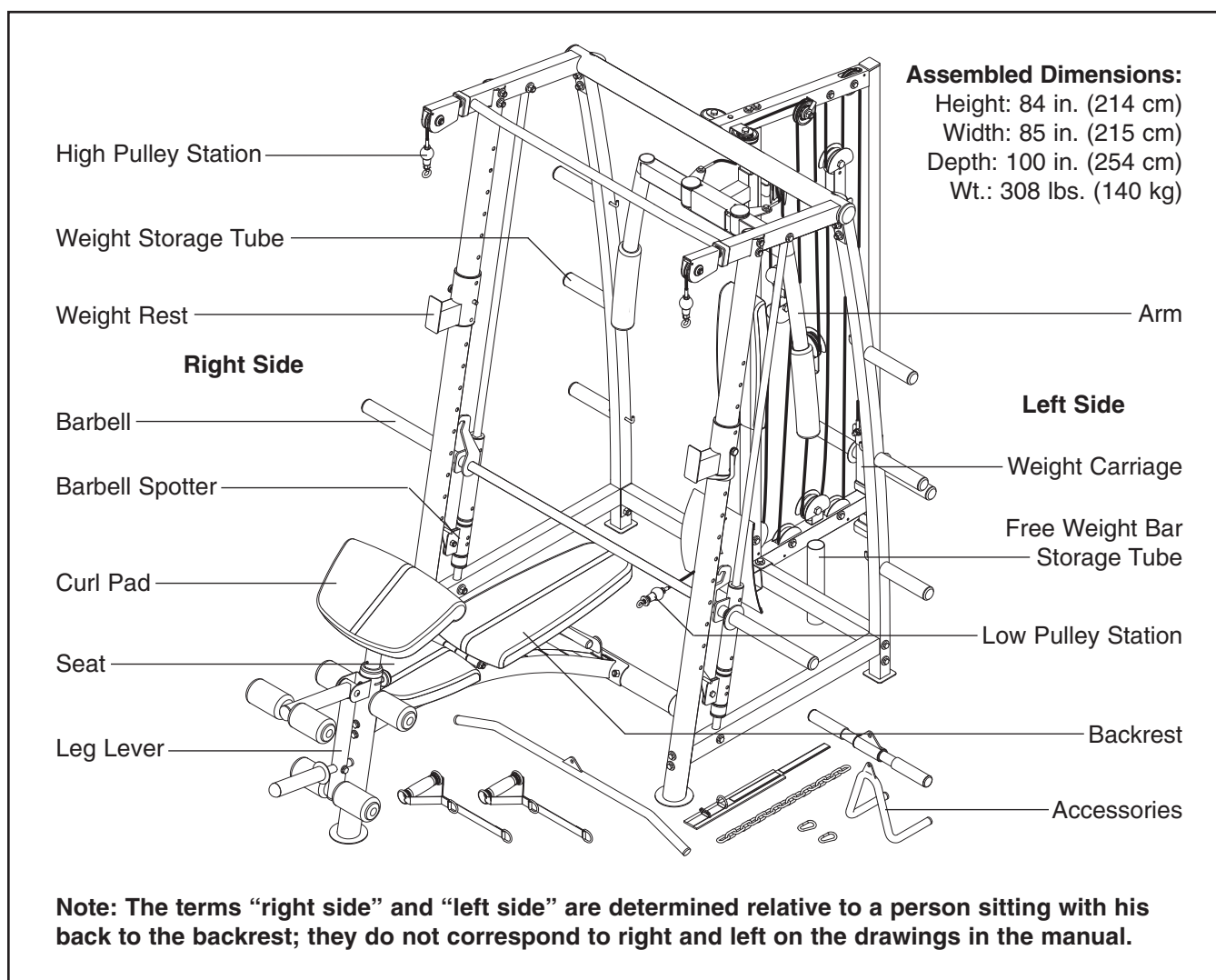
Thank you for selecting the versatile WEIDER® CLUB C725 weight bench. The weight bench offers an impressive selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



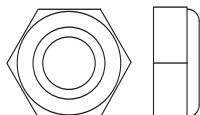
M6 Nylon
Locknut (150)



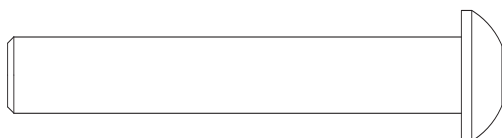
M8 Nylon
Locknut (139)



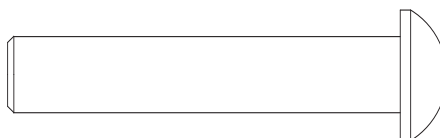
M10 Nylon
Locknut (116)



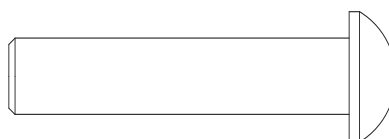
M10 Thin Nylon
Locknut (86)



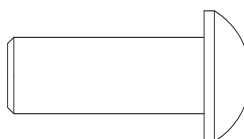
M10 x 60mm Button Bolt (136)



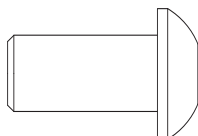
M10 x 52mm Button Bolt (135)



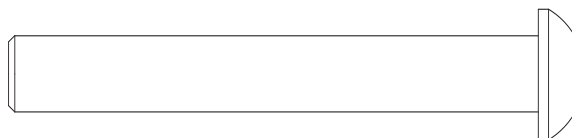
M10 x 45mm Button Bolt (131)



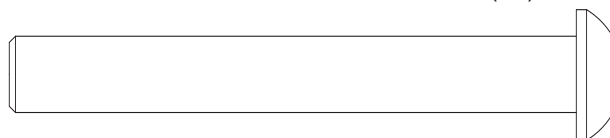
M10 x 26mm Button Bolt (119)



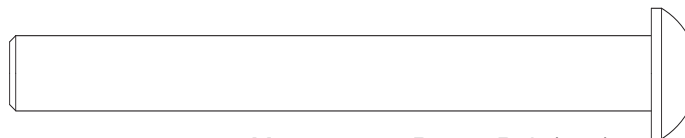
M10 x 20mm
Button Bolt (56)



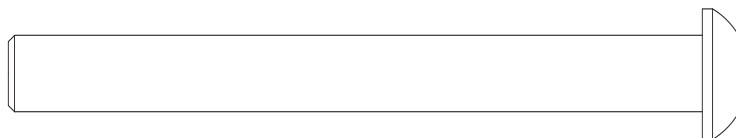
M10 x 70mm Button Bolt (97)



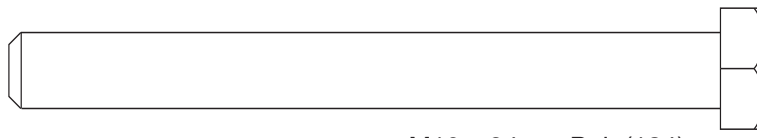
M10 x 75mm Button Bolt (130)



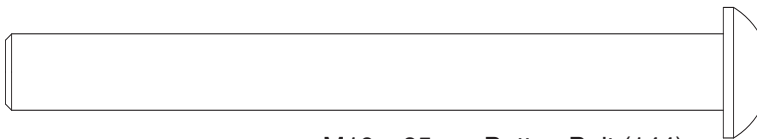
M10 x 85mm Button Bolt (125)



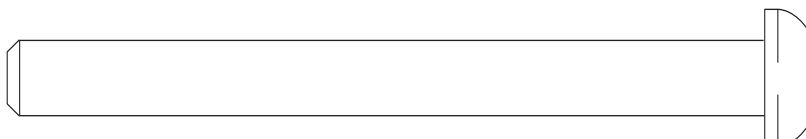
M10 x 92mm Button Bolt (120)



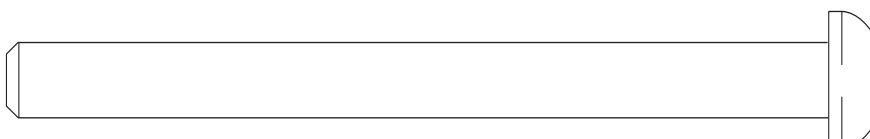
M10 x 94mm Bolt (134)



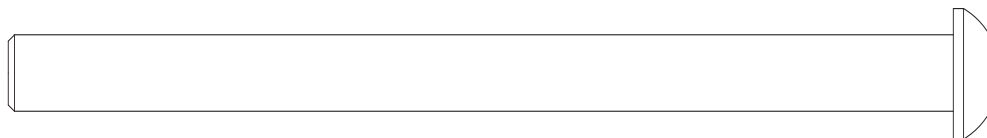
M10 x 95mm Button Bolt (144)



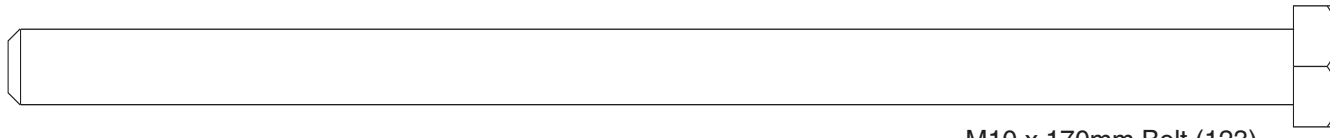
M10 x 100mm Button Screw (129)



M10 x 110mm Button Screw (117)




M10 x 125mm Button Bolt (141)



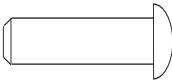
M10 x 170mm Bolt (123)



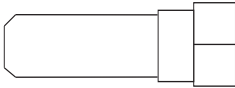
M4 x 10mm Self-tapping Screw (79)




M8 x 15mm Button Screw (112)




M6 x 20mm Screw (122)



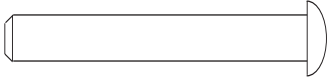
M8 x 25mm Shoulder Bolt (143)




M6 x 8mm Set Screw (99)



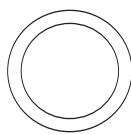
M8 x 10mm Set Screw (49)




M6 x 40mm Screw (140)



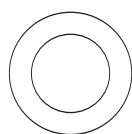
33mm Spacer (52)



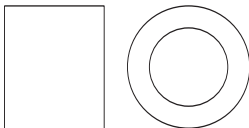
M6 x 48mm Button Bolt (124)



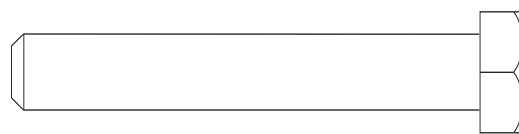
25mm Spacer (121)



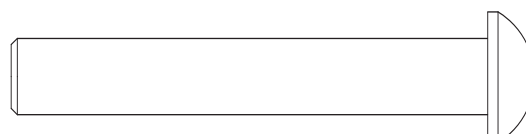
M8 x 60mm Button Bolt (95)



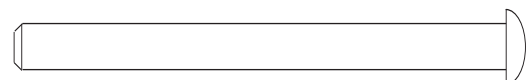
13mm Spacer (108)



M10 x 62mm Bolt (96)



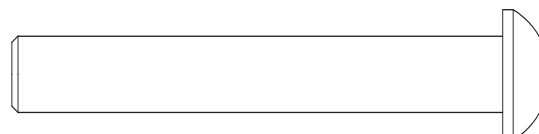
M10 x 63mm Button Bolt (133)



M6 x 65mm Button Screw (126)



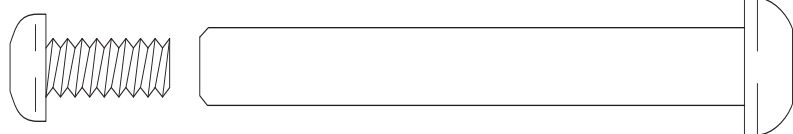
12.5mm Spacer (138)



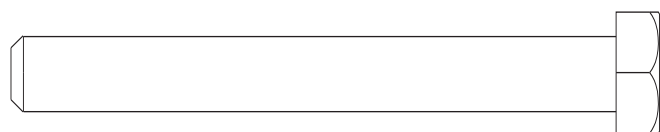
M10 x 65mm Button Bolt (66)



6.5mm Spacer (100)



M10 x 70mm Bolt Set (118)



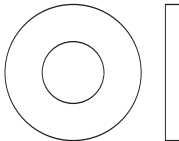
M10 x 80mm Bolt (147)



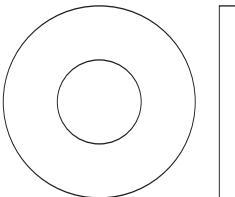
M10 x 175mm Bolt (42)



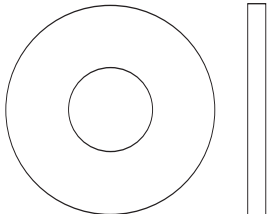
M6 Washer (142)



M8 Washer (84)



M10 Washer (83)



M10 Large Washer (39)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons. Some steps may require three persons.
- Because of its size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- In addition to the included tools, assembly requires the following tools (not included):

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



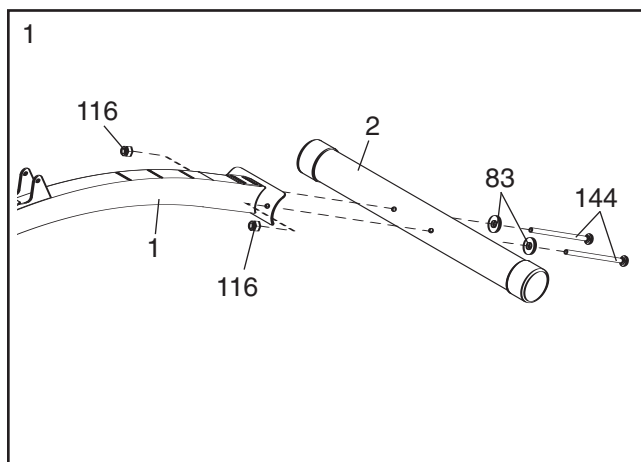
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

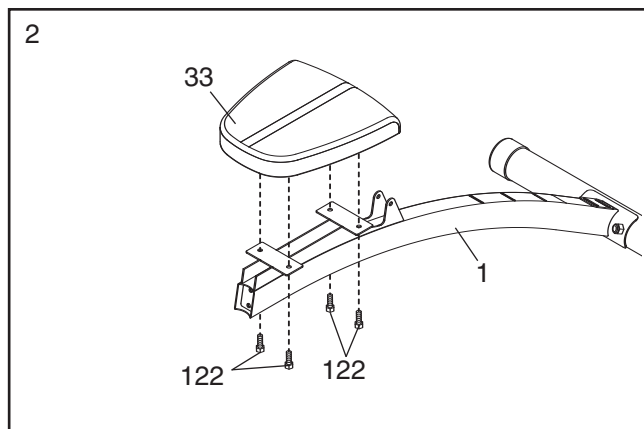
Before beginning assembly, read the important information in the box above. See the PART IDENTIFICATION CHART on pages 5 and 6 for help identifying small parts.

Note: Remove all hex keys from the hardware kit for the rack.

Attach the Rear Stabilizer (2) to the Bench Frame (1) with two M10 x 95mm Bolts (144), two M10 Washers (83), and two M10 Nylon Locknuts (116). **Do not tighten the Nylon Locknuts yet.**

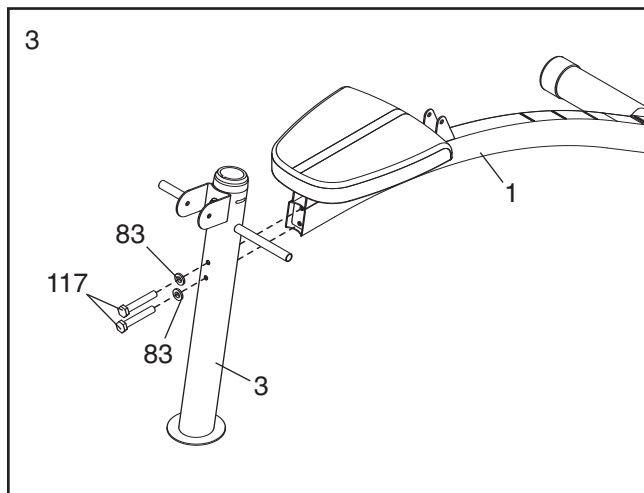


2. Attach the Seat (33) to the Bench Frame (1) with four M6 x 20mm Screws (122).



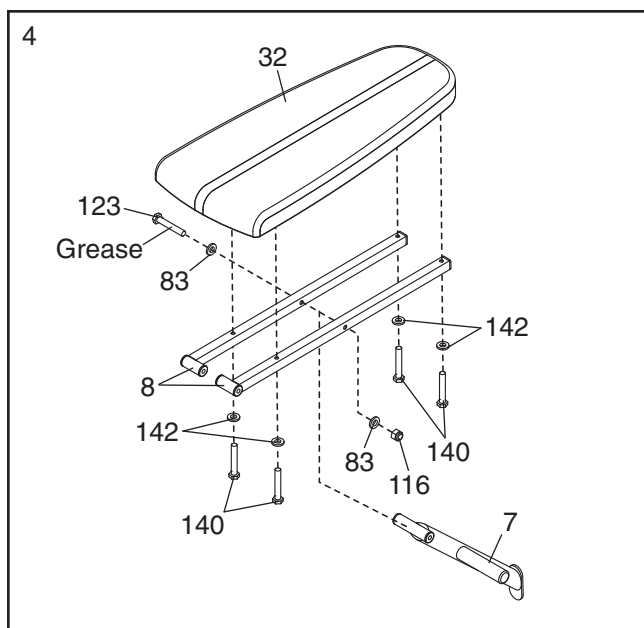
3. Attach the Front Leg (3) to the Bench Frame (1) with two M10 x 110mm Screws (117) and two M10 Washers (83).

See step 1. Tighten the M10 Nylon Locknuts (116).



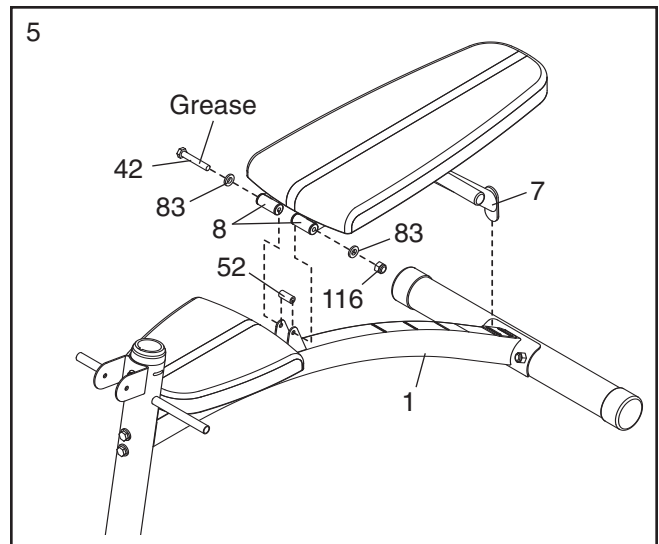
4. Apply some of the included grease to an M10 x 170mm Bolt (123). Attach the Backrest Post (7) to the Backrest Frames (8) with the Bolt, two M10 Washers (83), and an M10 Nylon Locknut (116). **Do not tighten the Nylon Locknut yet.**

Next, attach the Backrest (32) to the Backrest Frames (8) with four M6 x 40mm Screws (140) and four M6 Washers (142). **Do not tighten the Screws yet.**



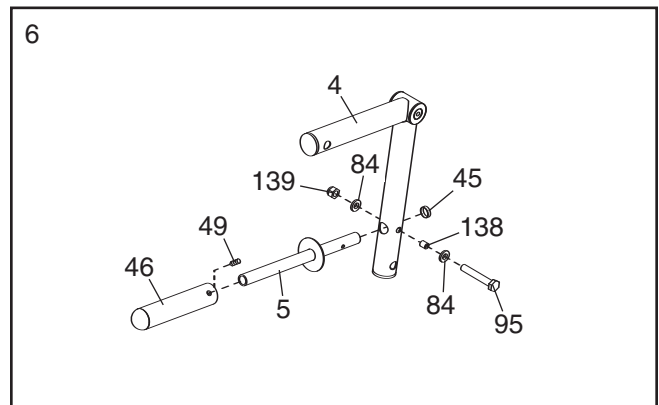
5. Apply grease to an M10 x 175mm Bolt (42). Attach the Backrest Frames (8) to the Bench Frame (1) with the Bolt, two M10 Washers (83), a 33mm Spacer (52), and an M10 Nylon Locknut (116). Set the end of the Backrest Post (7) in one of the slots in the Bench Frame. **Do not over-tighten the Nylon Locknut; the Backrest Frames must pivot easily.**

See step 4. Tighten the M10 Nylon Locknut (116) and the four M6 x 40mm Screws (140). Do not overtighten the Nylon Locknut; the Backrest Post (7) must pivot easily.

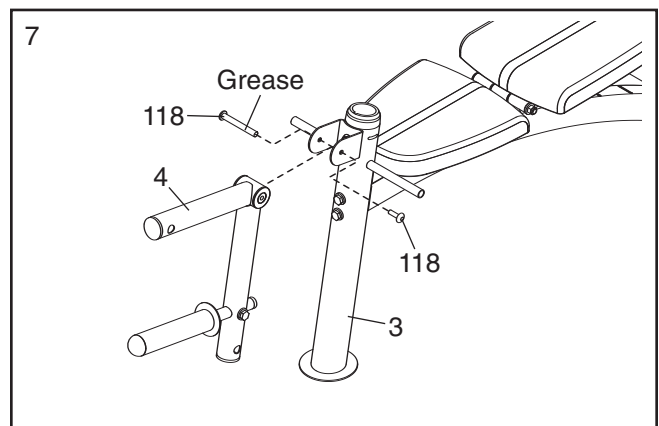


6. Attach the Weight Tube (5) to the Leg Lever (4) with an M8 x 60mm Button Bolt (95), two M8 Washers (84), a 12.5mm Spacer (138), and an M8 Nylon Locknut (139). **Make sure that the Spacer is inside the Leg Lever.**

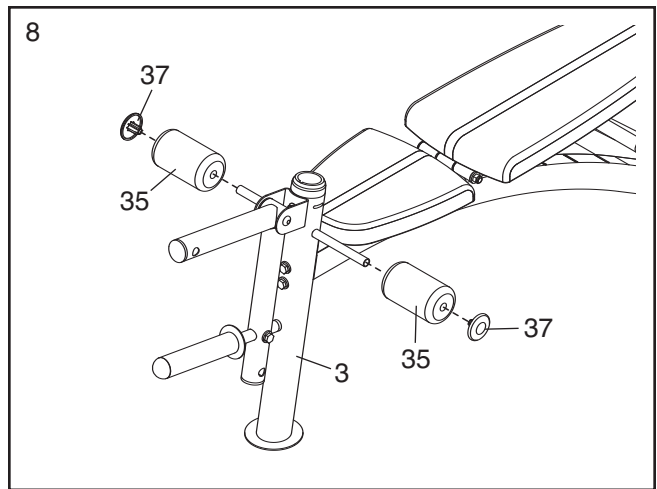
Next, press a 25mm Round Outer Cap (45) onto the indicated end of the Weight Tube (5). Then, slide the Olympic Adapter (46) onto the Weight Tube. Attach the Olympic Adapter with an M8 x 10mm Set Screw (49).



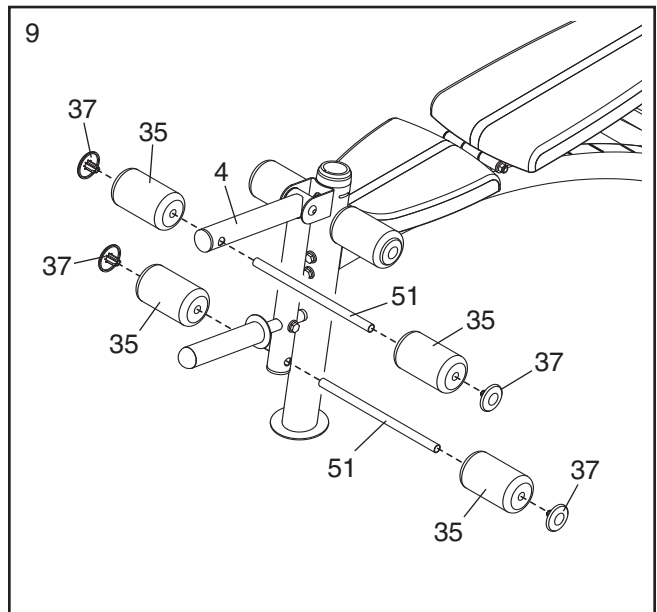
7. Apply grease to the barrel of an M10 x 70mm Bolt Set (118). Attach the Leg Lever (4) to the Front Leg (3) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



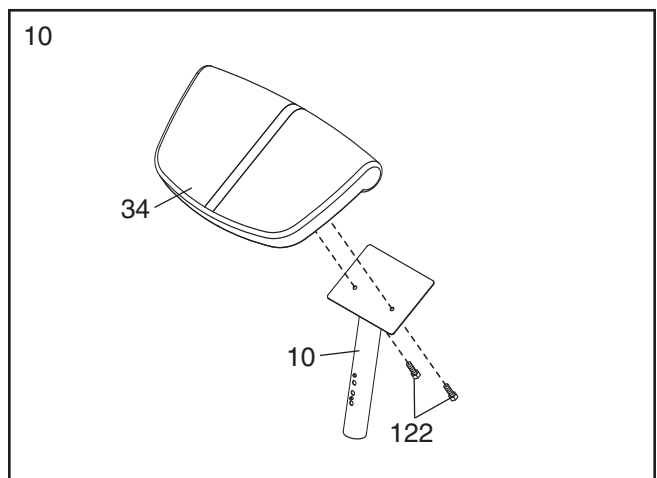
8. Slide two Foam Pads (35) onto the Front Leg (3). Then, press two Pad Caps (37) into the Foam Pads.



9. Insert the two Pad Tubes (51) into the Leg Lever (4). Slide two Foam Pads (35) onto each Pad Tube. Then, press a Pad Cap (37) into each Foam Pad.

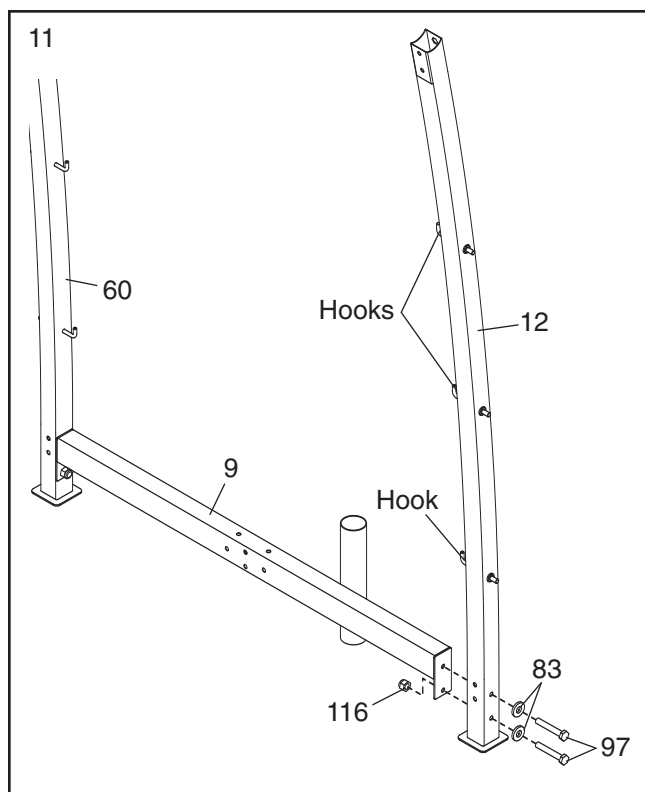


10. Attach the Curl Pad (34) to the Curl Post (10) with two M6 x 20mm Screws (122).



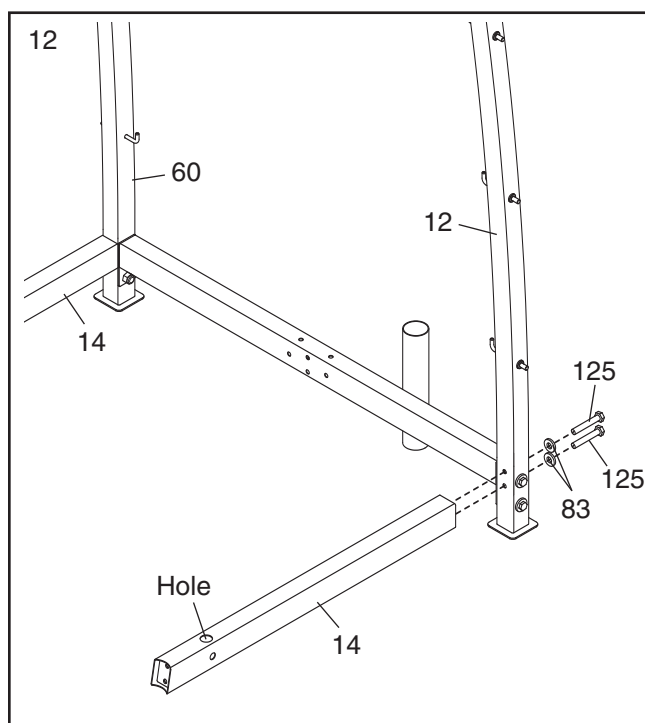
11. Identify the Left Rear Upright (12) by looking at the locations of the hooks. Orient the Left Rear Upright as shown, and attach it to the Rear Base (9) with two M10 x 70mm Button Bolts (97), two M10 Washers (83), and an M10 Nylon Locknut (116). **Do not tighten the Button Bolts or the Nylon Locknut yet.**

Attach the Right Rear Upright (60) to the Rear Base (9) in the same way.



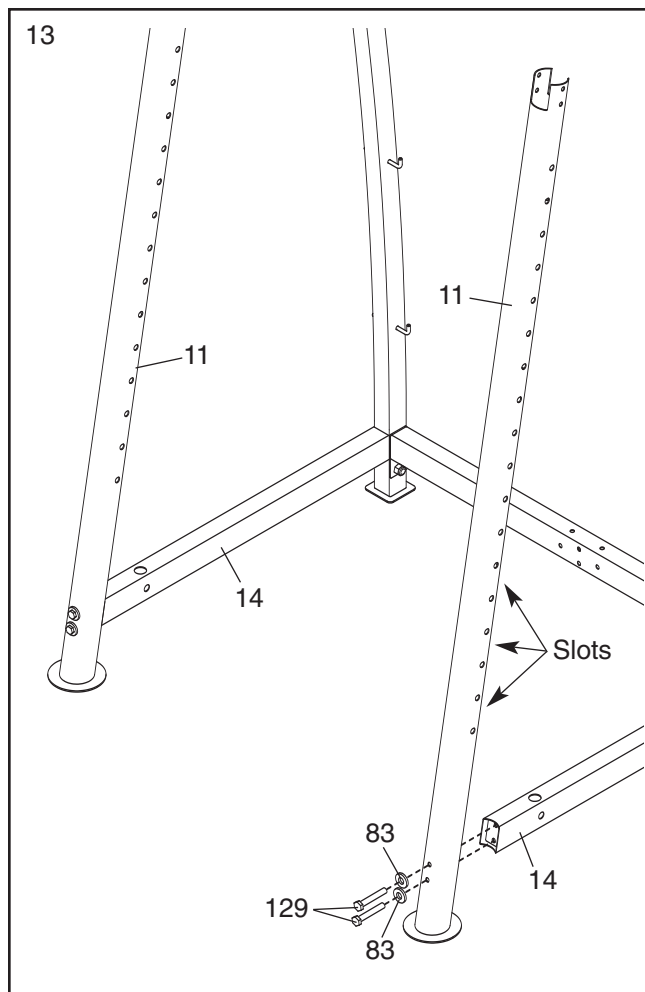
12. Orient one of the Side Bases (14) so that the indicated hole is on top. Attach the Side Base to the Left Rear Upright (12) with two M10 x 85mm Button Bolts (125) and two M10 Washers (83). **Do not tighten the Button Bolts yet.**

Attach the other Side Base (14) to the Right Rear Upright (60) in the same way.



13. Orient one of the Front Uprights (11) so that the slots are on the indicated side. Attach the Front Upright to the left Side Base (14) with two M10 x 100mm Button Screws (129) and two M10 Washers (83).

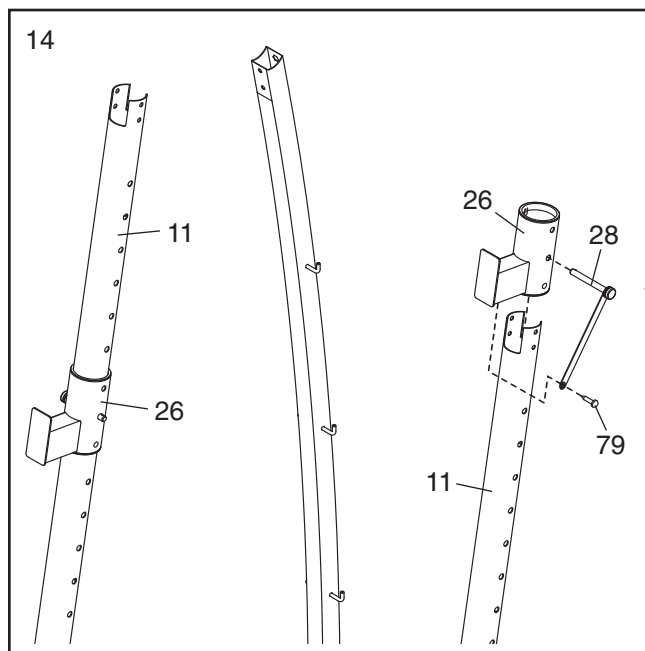
Attach the other Front Upright (11) to the right Side Base (14) in the same way.



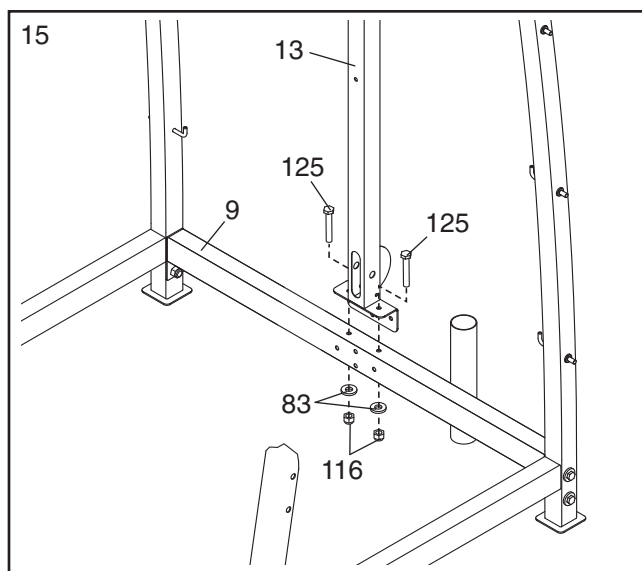
14. Attach an Upright Pin/Tether (28) to one of the Weight Rests (26) with an M4 x 10mm Self-tapping Screw (79).

Orient the Weight Rest (26) as shown, and slide it onto the left Front Upright (11). Fully insert the Upright Pin (28) into the Weight Rest and one of the holes in the Front Upright.

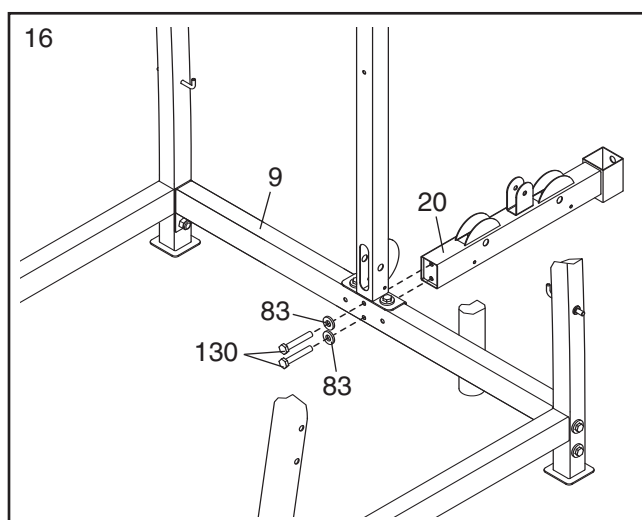
Attach the other Weight Rest (26) to the right Front Upright (11) in the same way.



15. Orient the Center Upright (13) as shown. Attach the Center Upright to the Rear Base (9) with two M10 x 85mm Button Bolts (125), two M10 Washers (83), and two M10 Nylon locknuts (116). **Do not Tighten the Nylon Locknuts yet.**

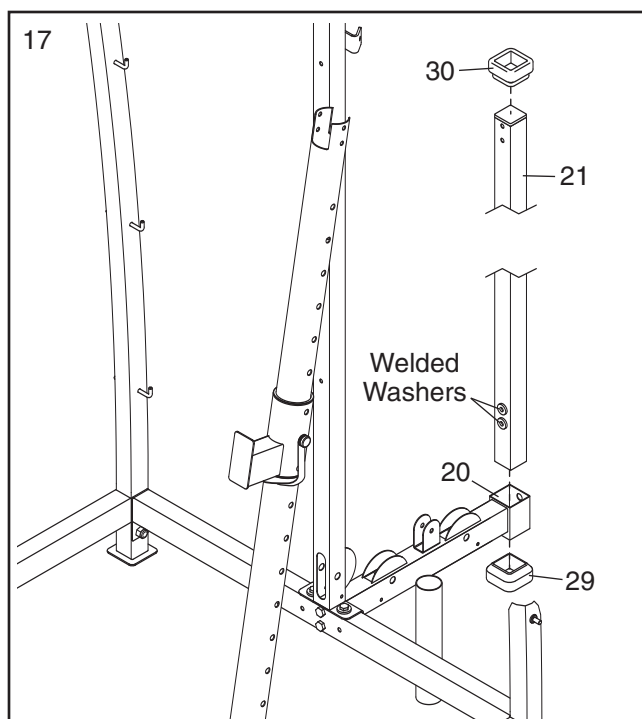


16. Attach the Weight Carriage Base (20) to the Rear Base (9) with two M10 x 75mm Button Bolts (130) and two M10 Washers (83). **Do not tighten the Button Bolts yet.**



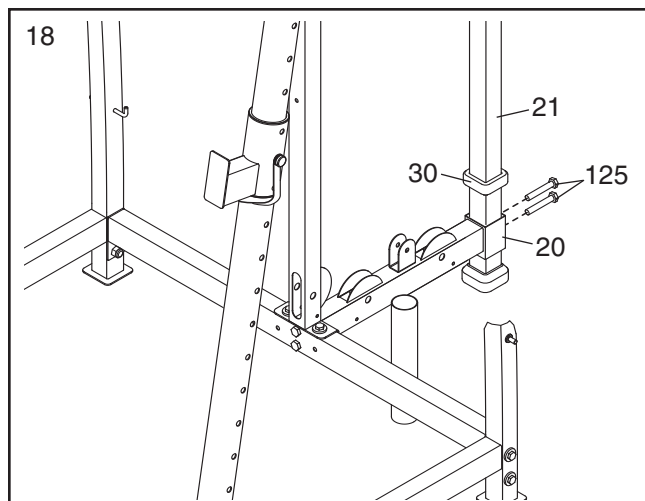
17. Orient the Weight Bumper (30) as shown, and slide it downward onto the Weight Carriage Upright (21).

Next, orient the Weight Carriage Upright (21) as shown, and insert it into the Weight Carriage Base (20). Then, press the Upright Foot (29) onto the Weight Carriage Upright.

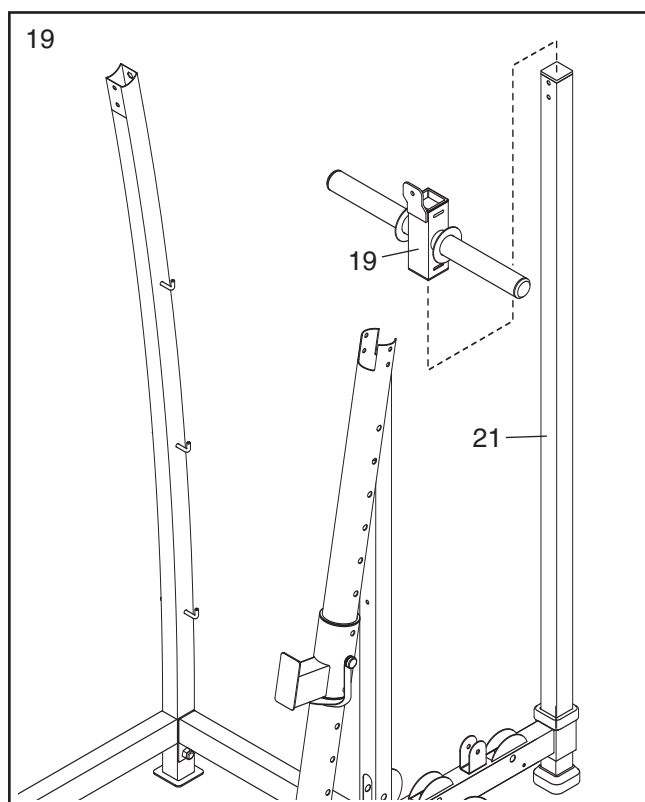


18. Press the Weight Bumper (30) down onto the Weight Carriage Base (20).

Next, attach the Weight Carriage Upright (21) to the Weight Carriage Base (20) with two M10 x 85mm Button Bolts (125). **Do not tighten the Button Bolts yet.**

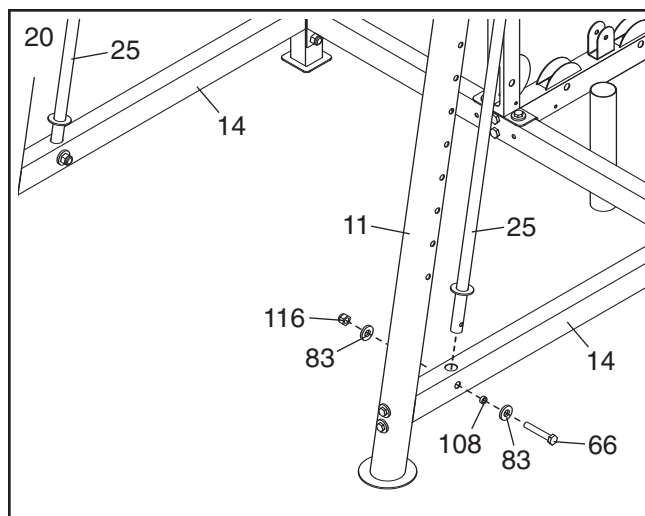


19. Orient the Weight Carriage (19) as shown, and slide it onto the Weight Carriage Upright (21).



20. Insert one of the Barbell Guides (25) into the left Side Base (14). Attach the Barbell Guide with an M10 x 65mm Button Bolt (66), two M10 Washers (83), a 13mm Spacer (108), and an M10 Nylon Locknut (116).

Attach the other Barbell Guide (25) to the right Side Base (14) in the same way.

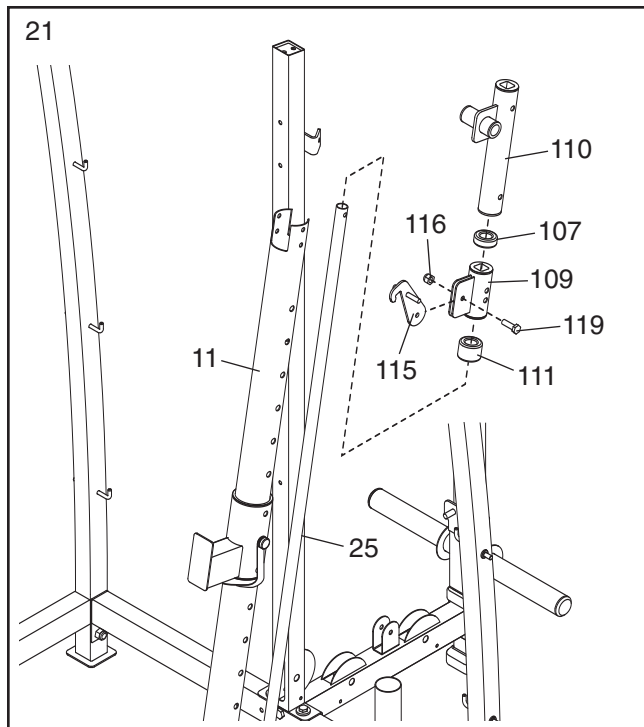


21. Attach a Spotter Hook (115) to a Barbell Spotter (109) with an M10 x 26mm Button Bolt (119) and an M10 Nylon Locknut (116). **Do not overtighten the Nylon Locknut; the Spotter Hook must pivot easily.**

Next, slide a Barbell Spotter Bumper (111) and the Barbell Spotter (109) onto the left Barbell Guide (25). Engage the Spotter Hook (115) into an adjustment slot near the bottom of the left Front Upright (11).

Next, identify the Left Barbell Carriage (110), which is marked with a sticker. Slide a Barbell Bumper (107) and the Left Barbell Carriage onto the left Barbell Guide (25).

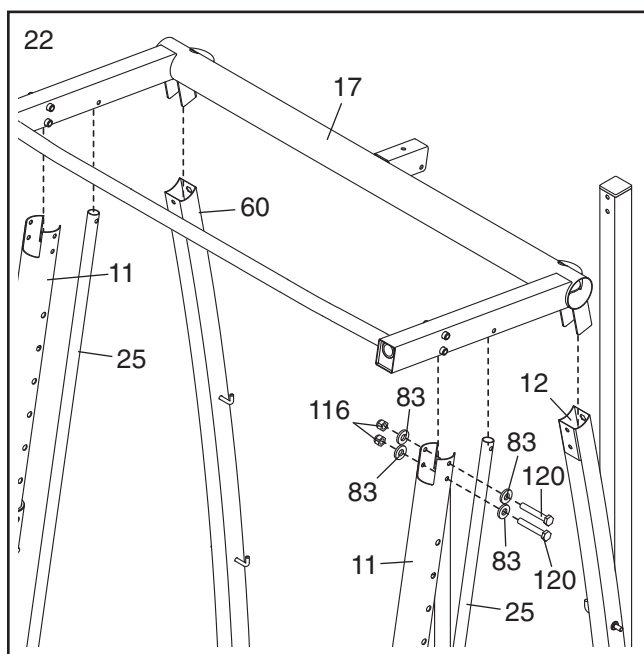
Repeat this step on the other side. Always position both Barbell Spotters (109) at the same height.



22. Set the Top Frame (17) on the Uprights (11, 12, 60) and the Barbell Guides (25).

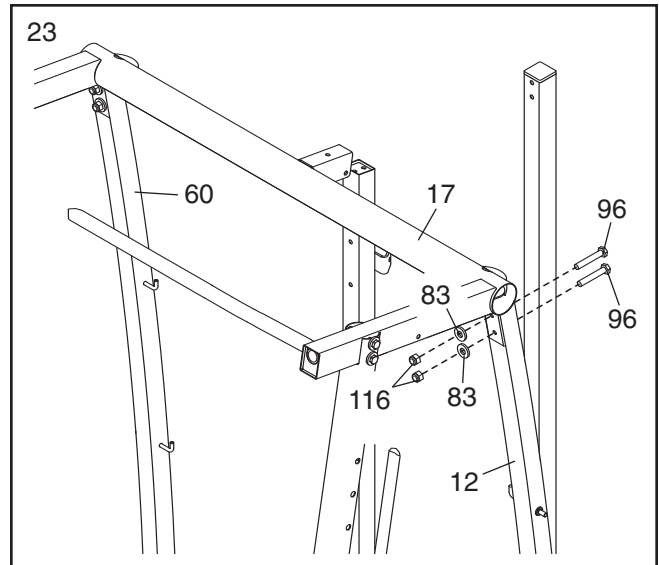
Attach the Top Frame (17) to the left Front Upright (11) with two M10 x 92mm Button Bolts (120), four M10 Washers (83), and two M10 Nylon Locknuts (116). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (17) to the right Front Upright (11) in the same way.

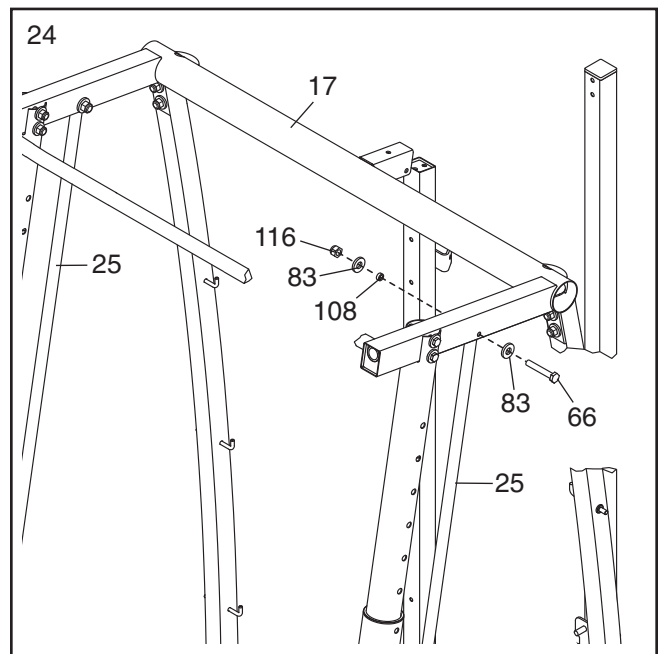


23. Attach the Top Frame (17) to the Left Rear Upright (12) with two M10 x 62mm Bolts (96), two M10 Washers (83), and two M10 Nylon Locknuts (116). **Do not tighten the Nylon Locknuts yet. Make sure that the heads of the Bolts are inside the Left Rear Upright.**

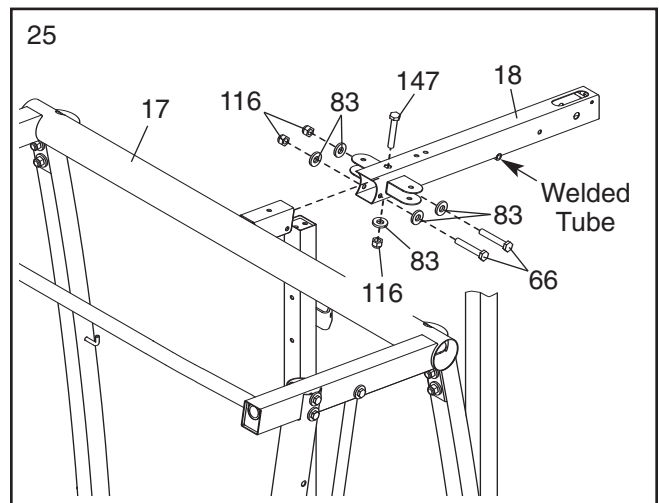
Attach the Top Frame (17) to the Right Rear Upright (60) in the same way.



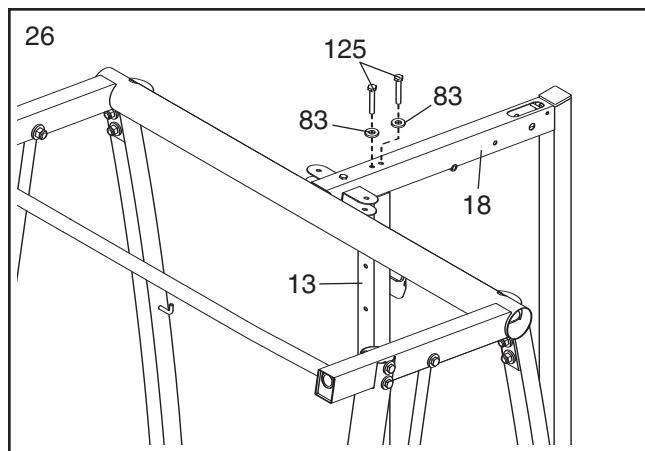
24. Attach the left Barbell Guide (25) to the Top Frame (17) with an M10 x 65mm Button Bolt (66), two M10 Washers (83), a 13mm Spacer (108), and an M10 Nylon Locknut (116). **Do not tighten the Nylon Locknut yet.**



25. Orient the Weight Carriage Frame (18) as shown. Attach the Weight Carriage Frame to the Top Frame (17) with an M10 x 80mm Bolt (147), two M10 x 65mm Button Bolts (66), five M10 Washers (83), and three M10 Nylon Locknuts (116). **Do not tighten the Nylon Locknuts yet. Make sure that the head of the M10 x 80mm Bolt (147) is inside the Weight Carriage Frame.**



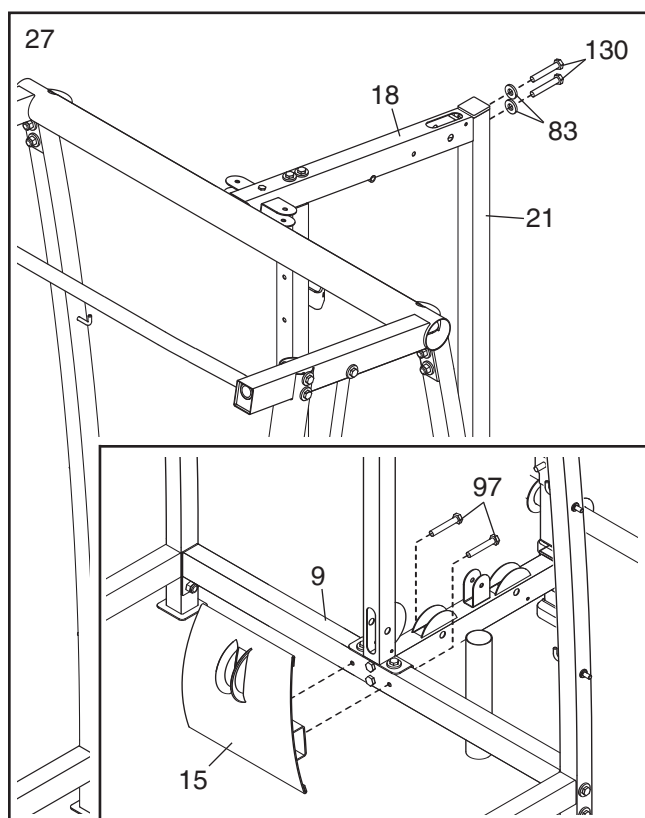
26. Attach the Weight Carriage Frame (18) to the Center Upright (13) with two M10 x 85mm Button Bolts (125) and two M10 Washers (83). **Do not tighten the Button Bolts yet.**



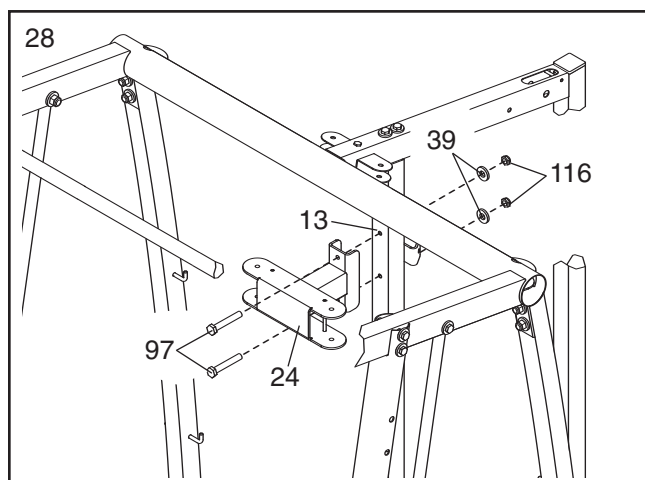
27. Attach the Weight Carriage Frame (18) to the Weight Carriage Upright (21) with two M10 x 75mm Button Bolts (130) and two M10 Washers (83).

See steps 11–26. Tighten all screws, bolts, and nylon locknuts used in these steps.

See the inset drawing. Attach the Foot Plate (15) to the Rear Base (9) with two M10 x 70mm Button Bolts (97).



28. Attach the Arm Frame (24) to the Center Upright (13) with two M10 x 70mm Button Bolts (97), two M10 Large Washers (39), and two M10 Nylon Locknuts (116).

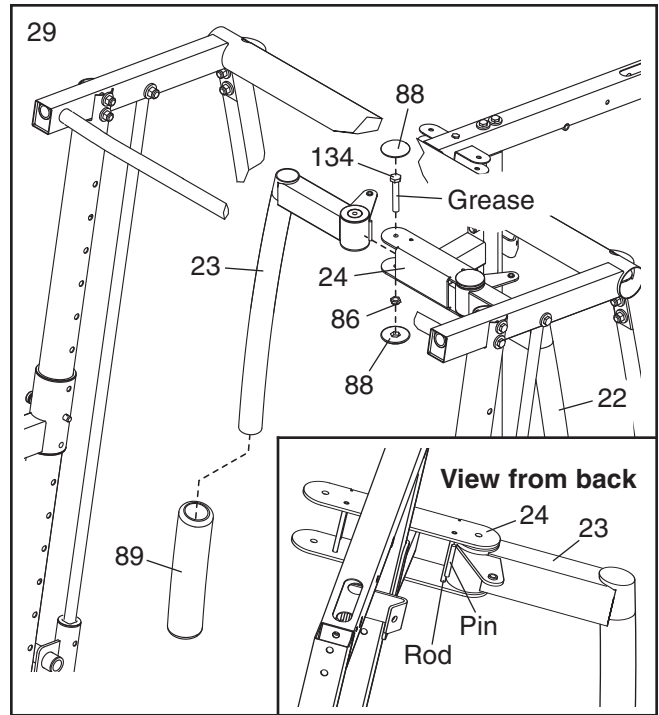


29. Identify the Right Arm (23) and insert it into the Arm Frame (24). **See the inset drawing. Make sure that the welded pin on the Right Arm is behind the rod on the Arm Frame as shown.**

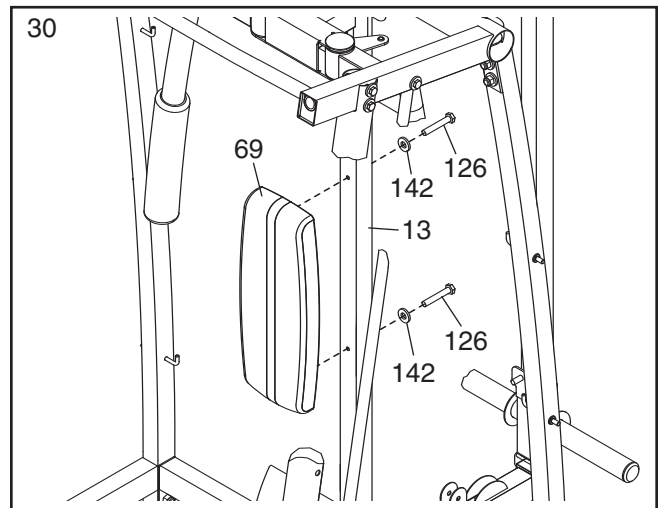
Apply grease to an M10 x 94mm Bolt (134). Attach the Right Arm (23) to the Arm Frame (24) with the Bolt and an M10 Thin Nylon Locknut (86). **Do not overtighten the Thin Nylon Locknut; the Right Arm must pivot easily.** Next, press two Bushing Caps (88) onto the Bolt and the Thin Nylon Locknut.

Next, slide an Arm Pad (89) onto the Right Arm (23).

Attach the Left Arm (22) to the Arm Frame (24) in the same way.

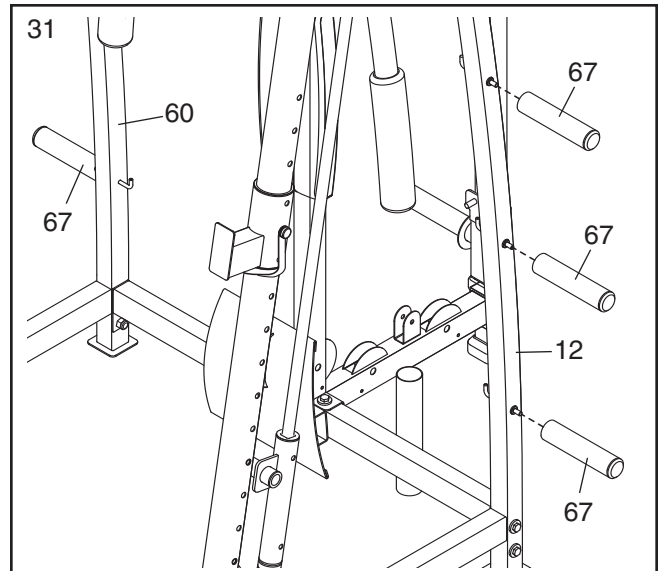


30. Attach the Center Backrest (69) to the Center Upright (13) with two M6 x 65mm Button Screws (126) and two M6 Washers (142).



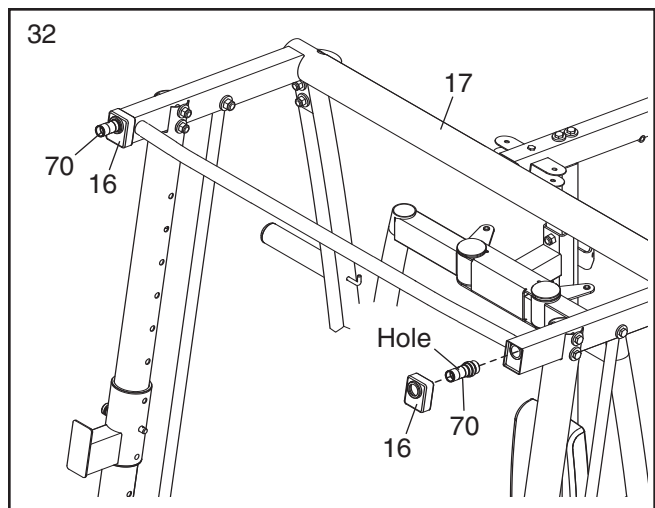
31. Tighten three Weight Storage Tubes (67) onto the Left Rear Upright (12).

Tighten the remaining three Weight Storage Tubes (67) onto the Right Rear Upright (60).



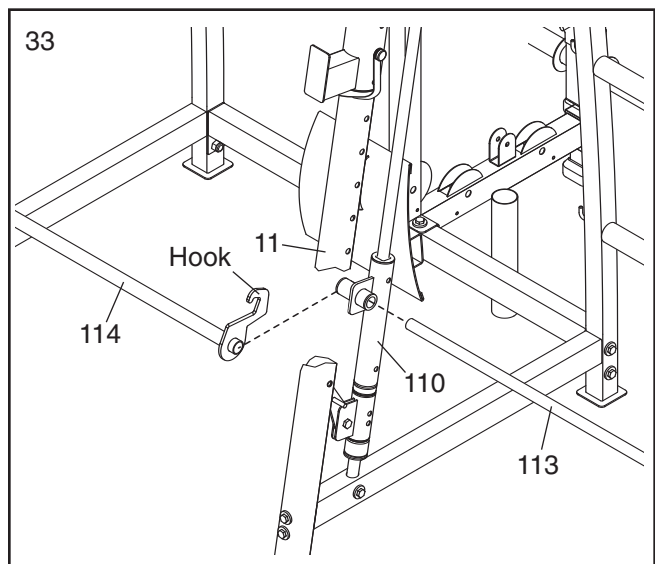
32. Insert a Phillips screwdriver into the indicated hole in a Trunnion (70), and tighten the Trunnion into the Top Frame (17). Next, press a Top Frame Cap (16) onto the Top Frame.

Attach the other Trunnion (70) and the other Top Frame Cap (16) in the same way.



33. Orient the Locking Bar (114) as shown. Have a second person hold the Locking Bar between the Left Barbell Carriage (110) and the Right Barbell Carriage (not shown). Insert the Barbell (113) into the Left Barbell Carriage, the Locking Bar, and the Right Barbell Carriage. Then, center the Barbell.

Engage the hooks on the Locking Bar (114) into slots in the Front Uprights (11).

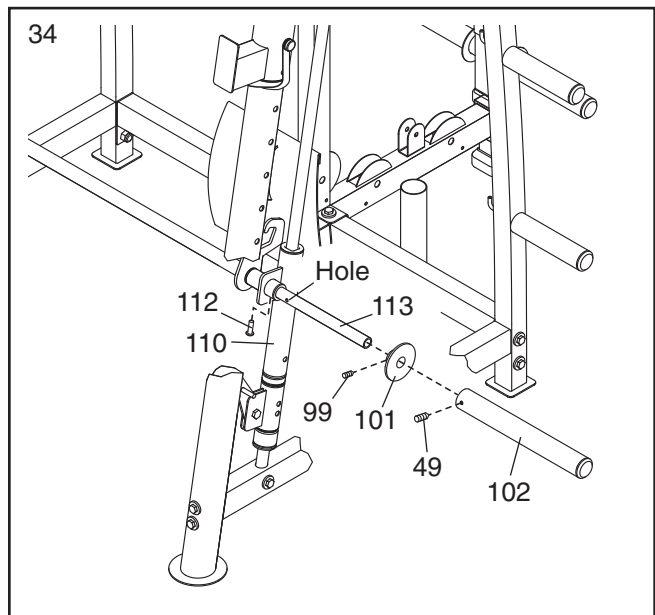


34. Attach a Barbell Collar (101) to one end of the Barbell (113) with an M6 x 8mm Set Screw (99). **Make sure that the Set Screw is inside the indicated hole in the Barbell; stop turning the Set Screw as soon as the end of the Set Screw is flush with the Barbell Collar.**

Next, attach a Barbell Adapter (102) to the Barbell (113) with an M8 x 10mm Set Screw (49).

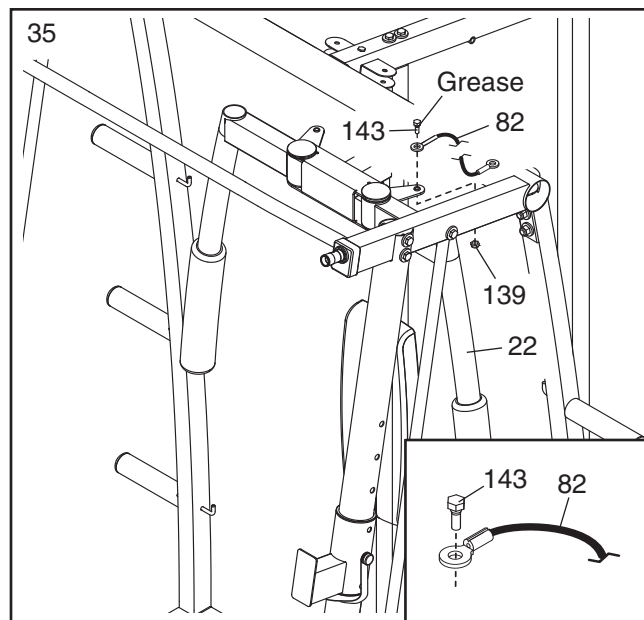
Then, attach the Barbell (113) to the Left Barbell Carriage (110) with an M8 x 15mm Button Screw (112).

Repeat this step with the other end of the Barbell (113).

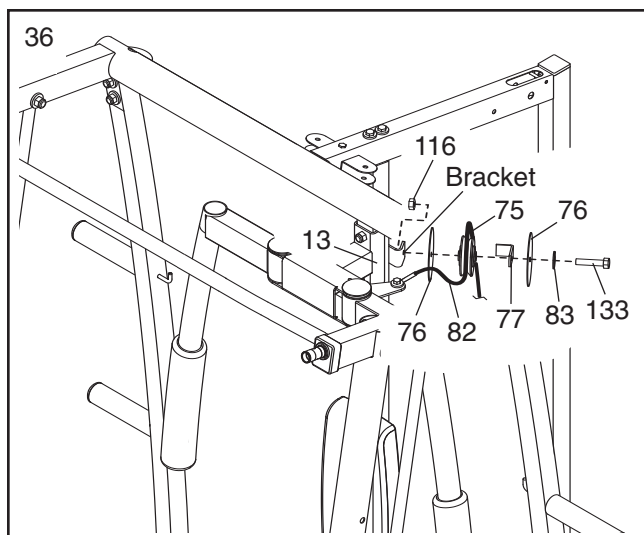


35. See the **CABLE DIAGRAM** on page 34 to identify the cables as you assemble them.

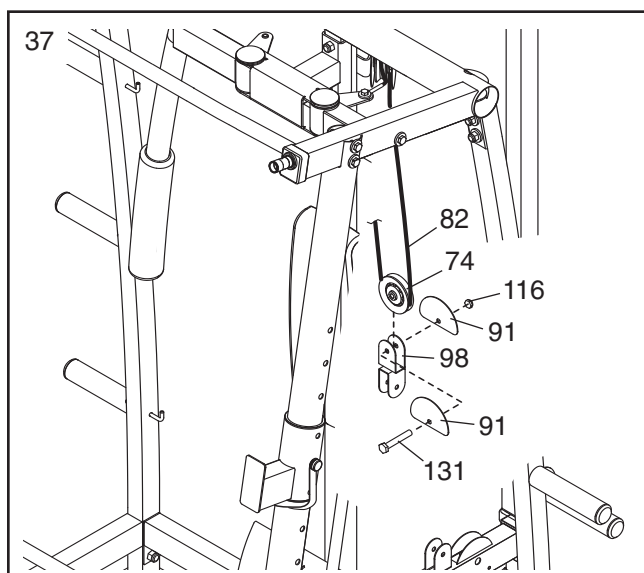
Identify the Arm Cable (82). Apply grease to an M8 x 25mm Shoulder Bolt (143). Attach the Arm Cable to the Left Arm (22) with the Shoulder Bolt and an M8 Nylon Locknut (139). **Make sure that the end of the Cable is turned so the flat side is facing downward as shown in the inset drawing.**



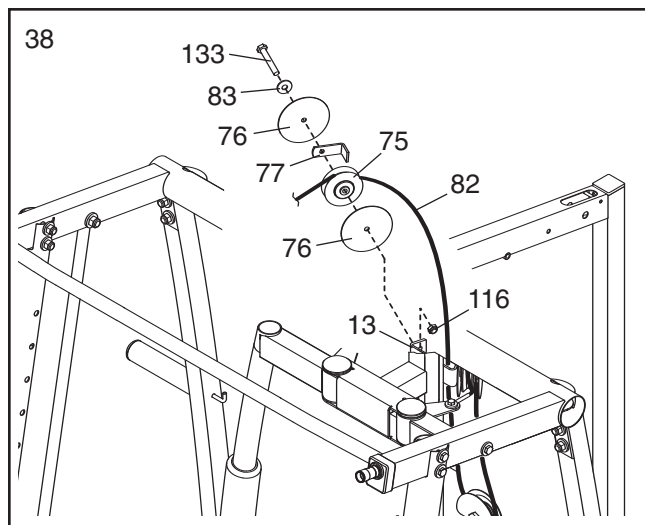
36. Identify the two “V”-pulleys (75), which are wider than the other pulleys. Wrap the Arm Cable (82) over a “V”-pulley. Attach the “V”-pulley, a Large Cable Trap (77), and two Full Pulley Guards (76) to the indicated bracket on the Center Upright (13) with an M10 x 63mm Button Bolt (133), an M10 Washer (83), and an M10 Nylon Locknut (116). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



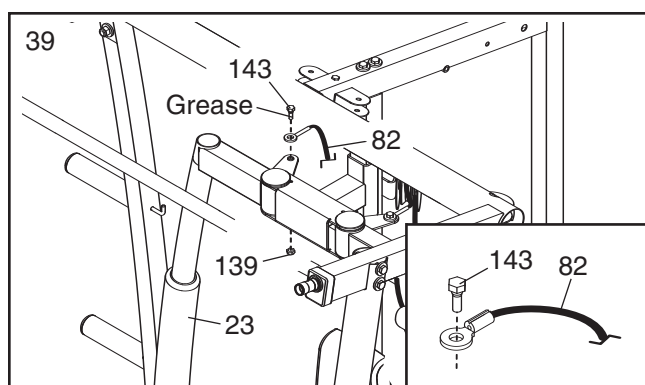
37. Wrap the Arm Cable (82) under a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Double “U”-bracket (98) with an M10 x 45mm Button Bolt (131) and an M10 Nylon Locknut (116). **Make sure that the Half Pulley Guards are oriented as shown.**



38. Wrap the Arm Cable (82) over a “V”-pulley (75). Attach the “V”-pulley, a Large Cable Trap (77), and two Full Pulley Guards (76) to the other side of the bracket on the Center Upright (13) with an M10 x 63mm Button Bolt (133), an M10 Washer (83), and an M10 Nylon Locknut (116). **Make sure that the Large Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



39. Apply grease to an M8 x 25mm Shoulder Bolt (143). Attach the Arm Cable (82) to the Right Arm (23) with the Shoulder Bolt and an M8 Nylon Locknut (139). **Make sure that the end of the Cable is turned so the flat side is facing downward as shown in the inset drawing.**

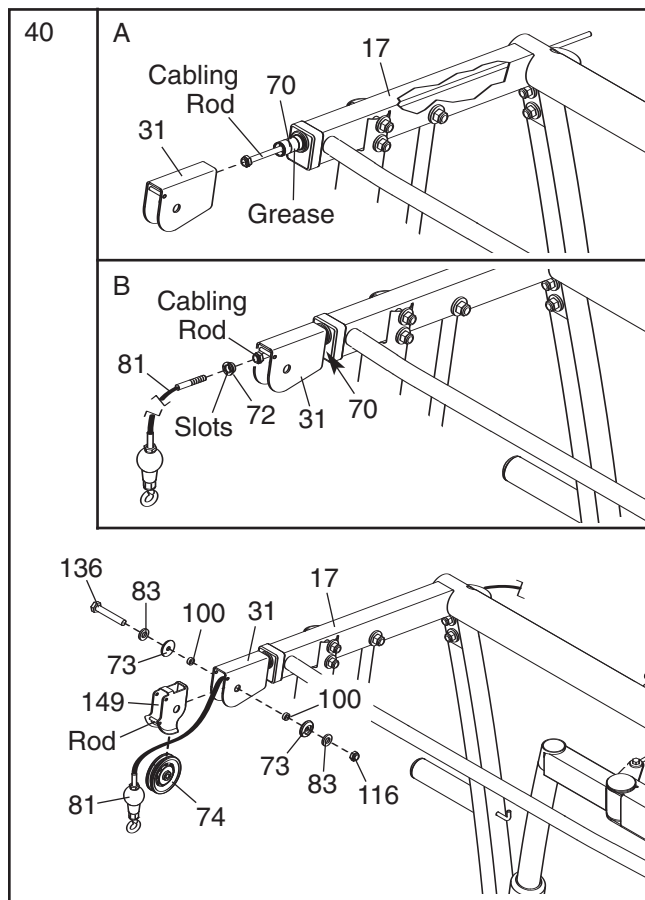


40. **See inset drawing A.** Apply grease to the right Trunnion (70). Then, slide a Swivel Bracket (31) onto the right Trunnion. Next, insert the cabling rod into the right side of the Top Frame (17) as shown.

See inset drawing B. Identify the High Cable (81). Orient a Swivel Bracket Bearing (72) so that the slots are on the indicated side, and slide it onto the Cable. Next, attach the Cable to the cabling rod. Pull the opposite end of the cabling rod until the Cable is routed through the Top Frame. Then, remove the cabling rod.

See inset drawing B. Tighten the Swivel Bracket Bearing (72) into the Trunnion (70).

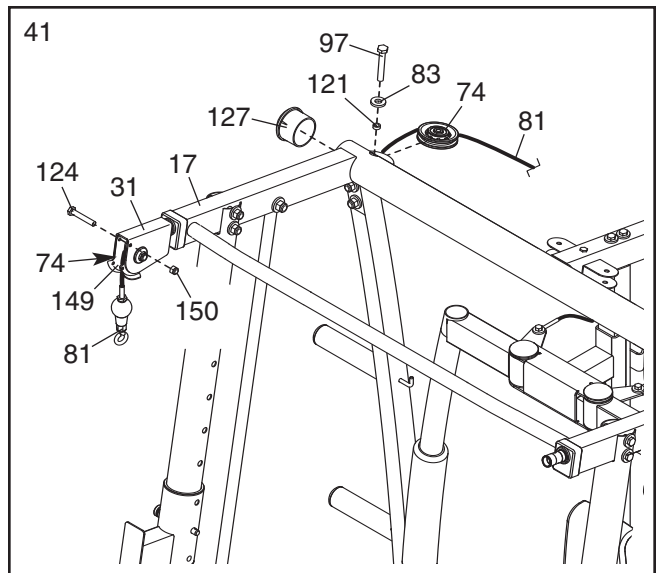
Wrap the High Cable (81) over a Small Pulley (74). Insert the Small Pulley and the Cable into a Bracket Guard (149); **make sure that the Cable is under the indicated rod.** Next, attach the Bracket Guard and the Small Pulley inside the Swivel Bracket (31) with an M10 x 60mm Button Bolt (136), two M10 Washers (83), two Pulley Caps (73), two 6.5mm Spacers (100), and an M10 Nylon Locknut (116) as shown.



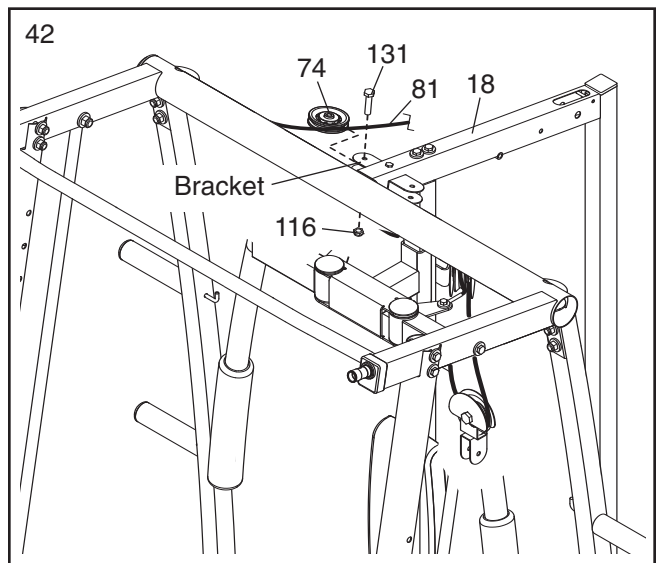
41. Attach an M6 x 48mm Button Bolt (124) and an M6 Nylon Locknut (150) to the Swivel Bracket (31) and the Bracket Guard (149) as shown. **Make sure that the High Cable (81) is between the Button Bolt and the Small Pulley (74).**

Next, wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley inside the Top Frame (17) with an M10 x 70mm Button Bolt (97), an M10 Washer (83), and a 25mm Spacer (121).

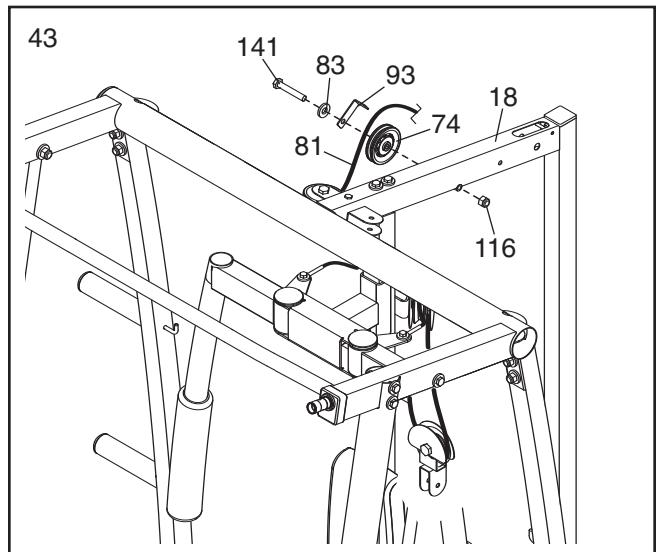
Press a Top Frame Cap (127) into the Top Frame (17).



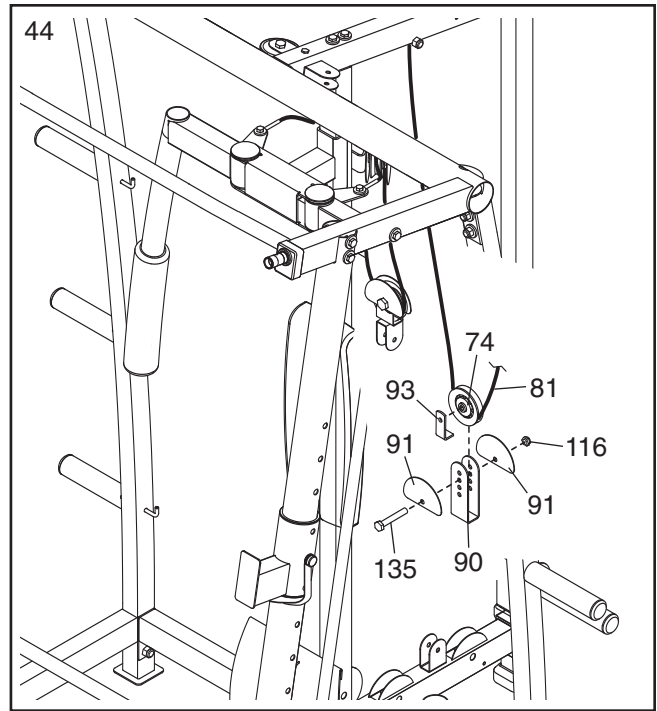
42. Wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley to the indicated bracket on the Weight Carriage Frame (18) with an M10 x 45mm Button Bolt (131) and an M10 Nylon Locknut (116).



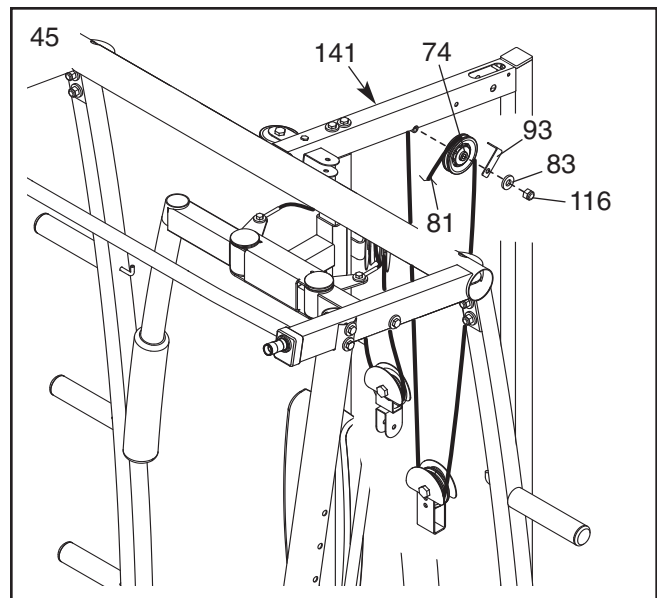
43. Wrap the High Cable (81) over a Small Pulley (74). Attach the Small Pulley and a Small Cable Trap (93) to the Weight Carriage Frame (18) with an M10 x 125mm Button Bolt (141), an M10 Washer (83), and an M10 Nylon Locknut (116). **Do not tighten the Nylon Locknut yet. Make sure that the Small Cable Trap is oriented to hold the Cable in the groove of the Small Pulley.**



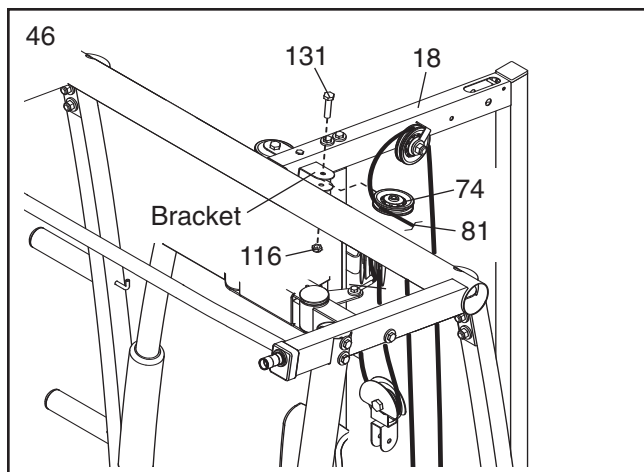
44. Wrap the High Cable (81) under a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) to the second hole from the top of the "U"-bracket (90) with an M10 x 52mm Button Bolt (135) and an M10 Nylon Locknut (116). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**



45. Wrap the High Cable (81) over a Small Pulley (74). Next, remove the M10 Nylon Locknut (116) attached in step 43. Slide the Small Pulley, a Small Cable Trap (93), and an M10 Washer (83) onto the M10 x 125mm Button Bolt (141) inserted in step 43. Then, tighten the Nylon Locknut onto the Button Bolt. **Make sure that the Small Cable Trap is oriented to hold the Cable in the groove of the Small Pulley.**



46. Wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley to the indicated bracket on the Weight Carriage Frame (18) with an M10 x 45mm Button Bolt (131) and an M10 Nylon Locknut (116).



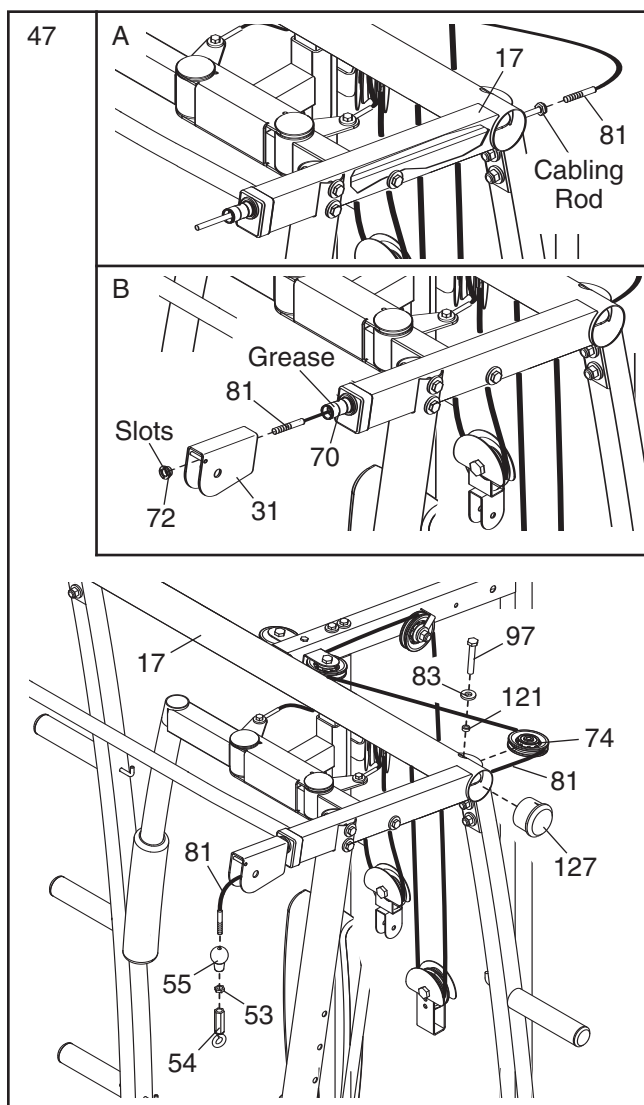
47. **See inset drawing A.** Insert the cabling rod into the left side of the Top Frame (17) as shown. Attach the High Cable (81) to the cabling rod. Pull the opposite end of the cabling rod until the Cable is routed through the Top Frame. Then, remove the cabling rod.

See inset drawing B. Apply grease to the left Trunnion (70). Then, slide the remaining Swivel Bracket (31) onto the High Cable (81) and the left Trunnion. Next, orient a Swivel Bracket Bearing (72) so that the slots are on the indicated side, and slide it onto the end of the Cable. Then, tighten the Swivel Bracket Bearing into the Trunnion.

Wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley inside the Top Frame (17) with an M10 x 70mm Button Bolt (97), an M10 Washer (83), and a 25mm Spacer (121).

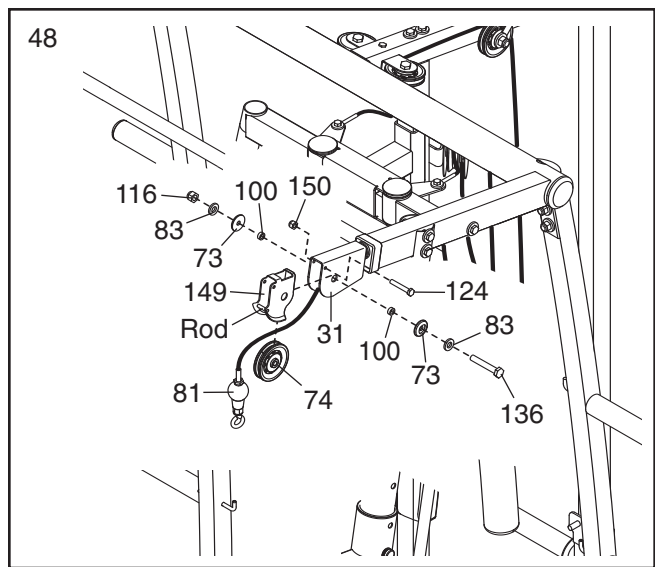
Press a Top Frame Cap (127) into the Top Frame (17).

Remove the M8 Jamnut (53) from the High Cable (81), and slide the Cable Stop (55) onto the Cable. Next, tighten the Jamnut onto the Cable as far as possible, tighten the Cable Eyelet (54) onto the Cable as far as possible, and then tighten the Jamnut against the Cable Eyelet. Then, slide the Cable Stop down onto the Cable Eyelet.

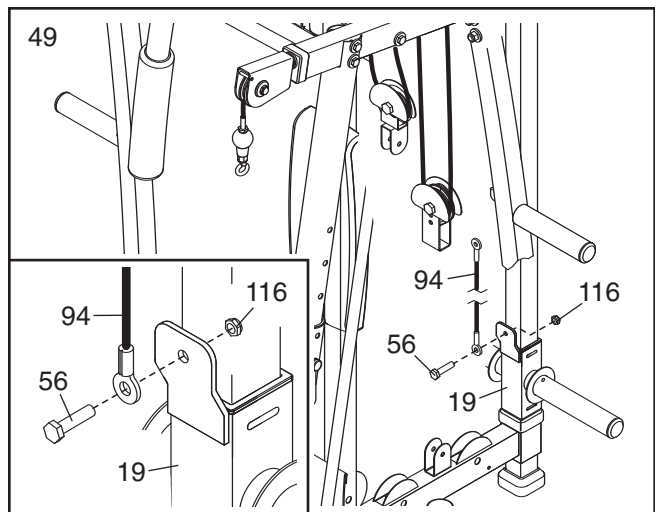


48. Wrap the High Cable (81) over a Small Pulley (74). Insert the Small Pulley and the Cable into the remaining Bracket Guard (149); **make sure that the Cable is under the indicated rod.** Next, attach the Bracket Guard and the Small Pulley inside the Swivel Bracket (31) with an M10 x 60mm Button Bolt (136), two M10 Washers (83), two Pulley Caps (73), two 6.5mm Spacers (100), and an M10 Nylon Locknut (116) as shown.

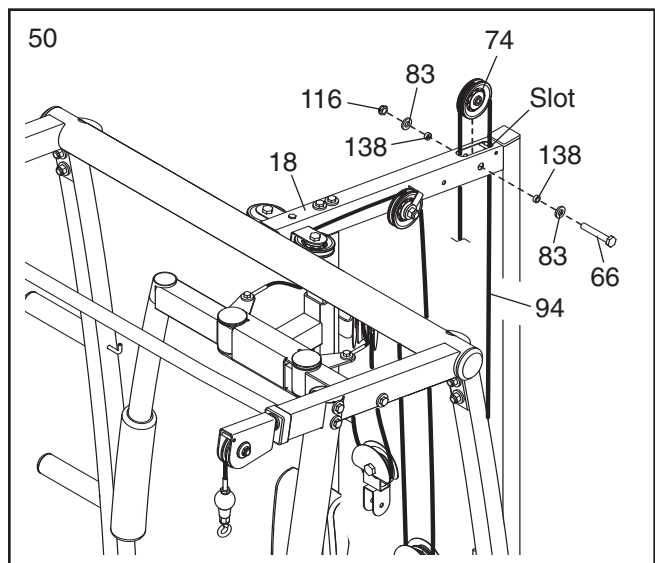
Next, attach an M6 x 48mm Button Bolt (124) and an M6 Nylon Locknut (150) to the Swivel Bracket (31) and the Bracket Guard (149). **Make sure that the High Cable (81) is between the Button Bolt and the Small Pulley (74).**



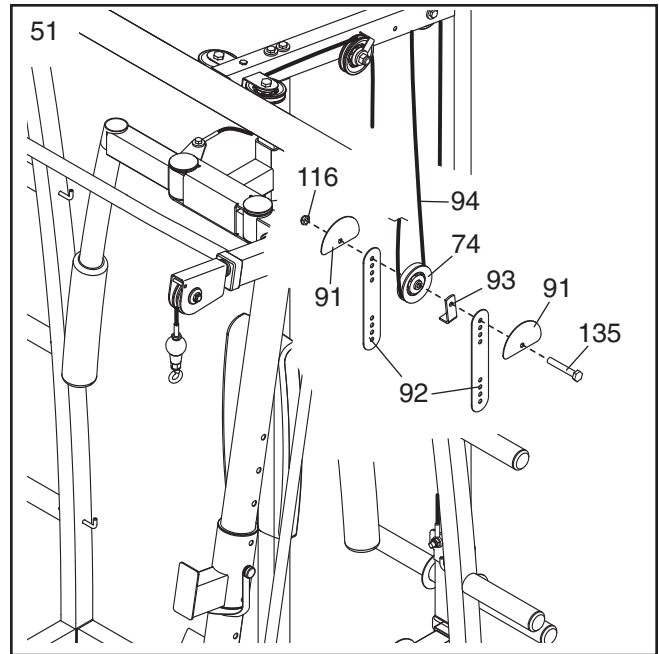
49. **Identify the Rear Cable (94).** Attach one end of the Cable to the Weight Carriage (19) with an M10 x 20mm Button Bolt (56) and an M10 Nylon Locknut (116). **Make sure that the end of the Cable is turned so the flat side is against the Weight Carriage as shown in the inset drawing.**



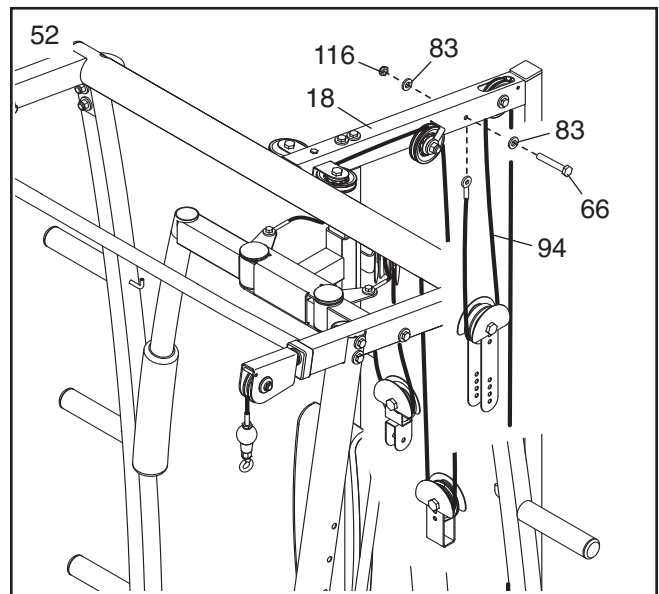
50. Route the Rear Cable (94) through the Weight Carriage Frame (18) as shown. Wrap the Cable over a Small Pulley (74). Attach the Small Pulley inside the Weight Carriage Frame with an M10 x 65mm Button Bolt (66), two M10 Washers (83), two 12.5mm Spacers (138), and an M10 Nylon Locknut (116).



51. Wrap the Rear Cable (94) under a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) at the holes closest to either end of the two Pulley Plates (92) with an M10 x 52mm Button Bolt (135) and an M10 Nylon Locknut (116). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**

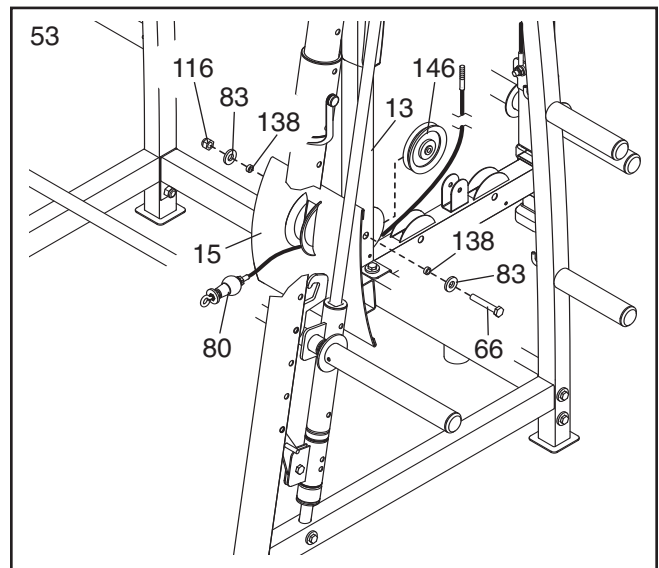


52. Attach the Rear Cable (94) inside the Weight Carriage Frame (18) with an M10 x 65mm Button Bolt (66), two M10 Washers (83), and an M10 Nylon Locknut (116).

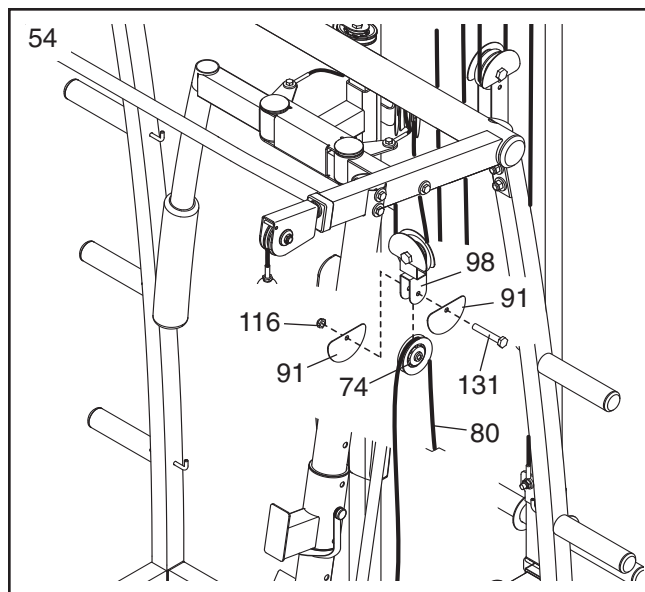


53. **Identify the Low Cable (80).** Route the threaded end of the Low Cable through the Foot Plate (15) and the Center Upright (13).

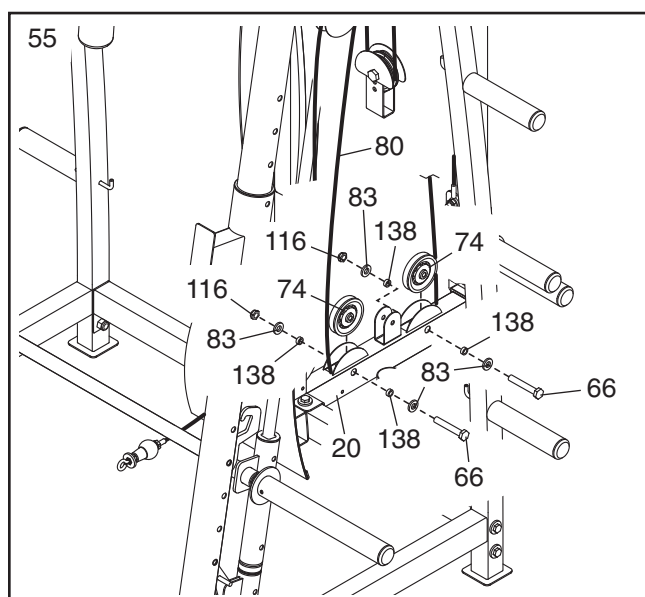
Wrap the Low Cable (80) under a 115mm Pulley (146). Attach the 115mm Pulley inside the Center Upright (13) with an M10 x 65mm Button Bolt (66), two M10 Washers (83), two 12.5mm Spacers (138), and an M10 Nylon Locknut (116).



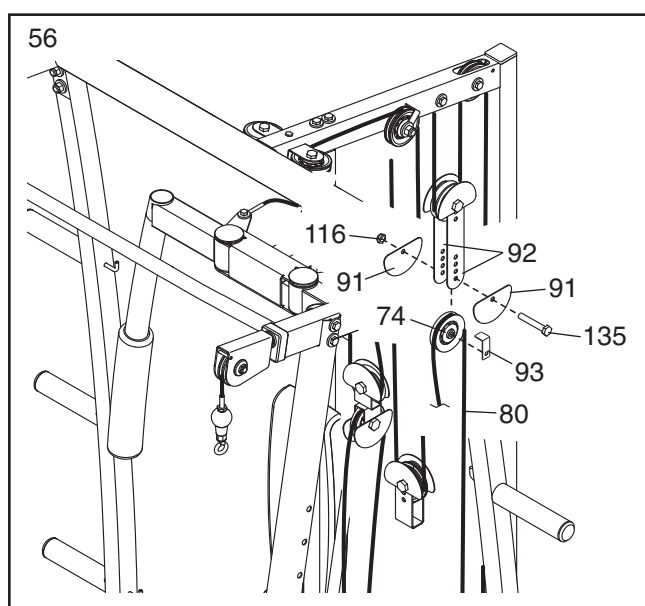
54. Wrap the Low Cable (80) over a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Double "U"-bracket (98) with an M10 x 45mm Button Bolt (131) and an M10 Nylon Locknut (116). **Make sure that the Half Pulley Guards are oriented as shown.**



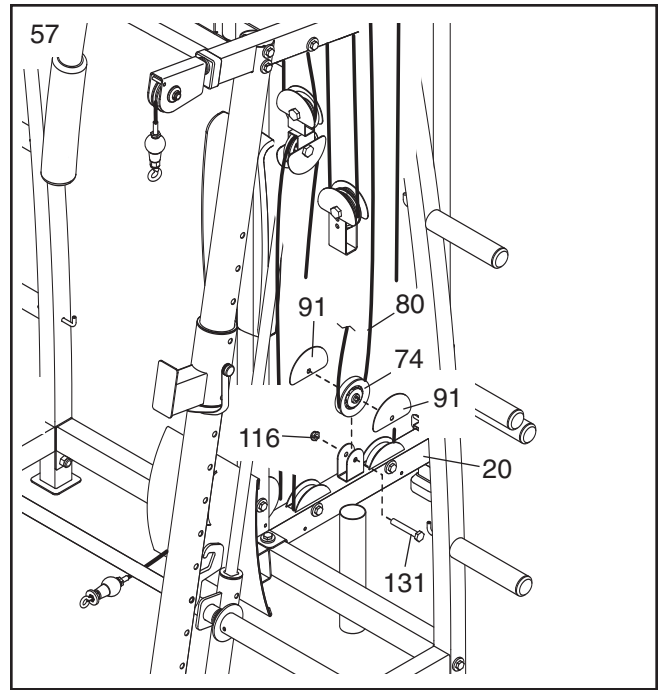
55. Route the Low Cable (80) through the Weight Carriage Base (20) as shown. Attach two Small Pulleys (74) inside the Weight Carriage Base with two M10 x 65mm Button Bolts (66), four M10 Washers (83), four 12.5mm Spacers (138), and two M10 Nylon Locknuts (116).



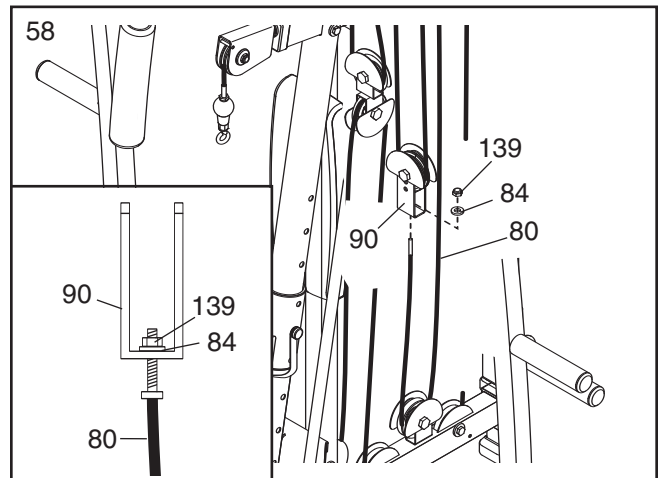
56. Wrap the Low Cable (80) over a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) at the lowest holes in the two Pulley Plates (92) with an M10 x 52mm Button Bolt (135) and an M10 Nylon Locknut (116). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**



57. Wrap the Low Cable (80) under a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Weight Carriage Base (20) with an M10 x 45mm Button Bolt (131) and an M10 Nylon Locknut (116). **Make sure that the Half Pulley Guards are oriented as shown.**



58. Attach the Low Cable (80) to the “U”-bracket (90) with an M8 Nylon Locknut (139) and an M8 Washer (84) (**see the inset drawing**). **Tighten the Nylon Locknut exactly two full turns onto the Low Cable.**



59. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on the following page. **Note: After assembly is completed, some extra parts may be left over.**

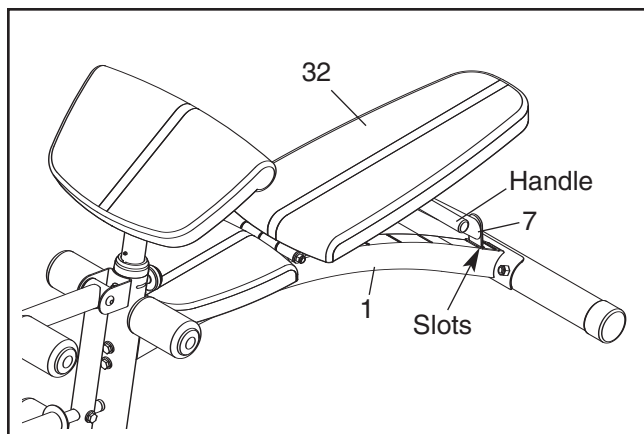
Before using the weight bench, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 34 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables (see MAINTENANCE on page 33).**

ADJUSTMENT

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 35 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

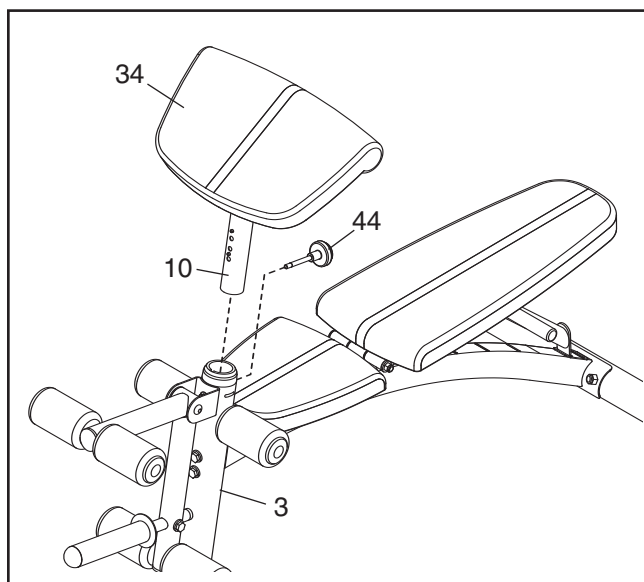
ADJUSTING THE BACKREST

To adjust the position of the Backrest (32), lift the indicated handle on the Backrest Post (7). Raise or lower the Backrest, and set the Backrest Post in one of the slots in the Bench Frame (1). **Make sure that the Backrest Post is fully inserted into one of the slots.**



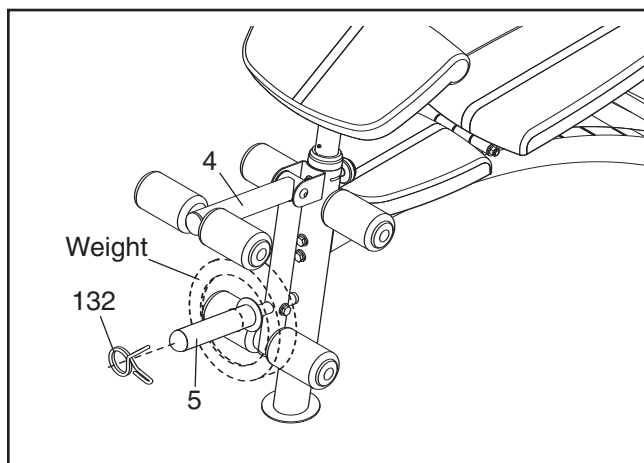
ATTACHING THE CURL PAD

To use the Curl Pad (34), insert the Curl Post (10) into the Front Leg (3). Secure the Curl Post with the Curl Pad Knob (44). **Firmly tighten the Post Knob.**



USING THE LEG LEVER

To use the Leg Lever (4), slide the desired weights onto the Weight Tube (5). Secure the weights with a Weight Clip (132). You can store unused weights on the weight storage tubes (not shown) on the rear uprights.



⚠ WARNING: Do not put more than 150 lbs. (68 kg) on the Weight Tube (5). Always secure weights with a Weight Clip (132).

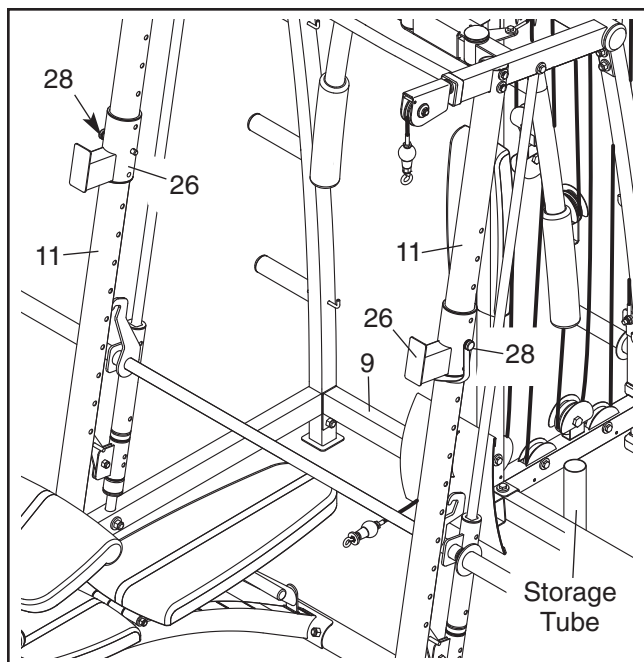
USING THE FREE WEIGHT BAR

Before using the free weight bar (not shown), set the Weight Rests (26) at the lowest point to which you want the barbell to move.

To do this, hold a Weight Rest (26) and pull out the Upright Pin (28). Move the Weight Rest to the desired height, and reengage the Upright Pin into the Weight Rest and the Front Upright (11).

You can store the free weight bar in the storage tube on the Rear Base (9).

⚠ WARNING: Always adjust both Weight Rests (26) to the same height.

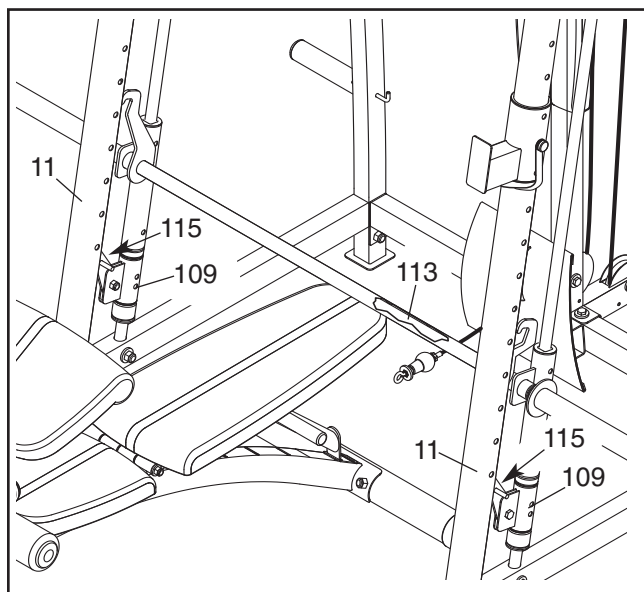


MOVING THE BARBELL SPOTTERS

To move the left Barbell Spotter (109), grip the handle on the left Spotter Hook (115) and pull the hook out of the slot in the Front Upright (11). Raise or lower the Barbell Spotter to a new position, and pivot the hook back into a slot in the Front Upright. **Note: Always start an exercise with the Barbell Spotters positioned at the lowest point to which you want the Barbell (113) to move during the exercise.**

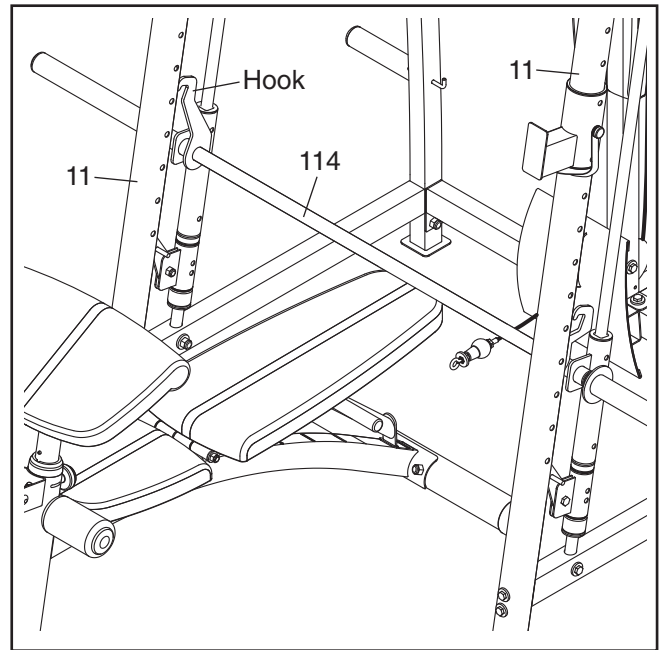
Adjust the right Barbell Spotter (109) in the same way.

⚠ WARNING: Always set both Barbell Spotters (109) at the same height.



USING THE LOCKING BAR

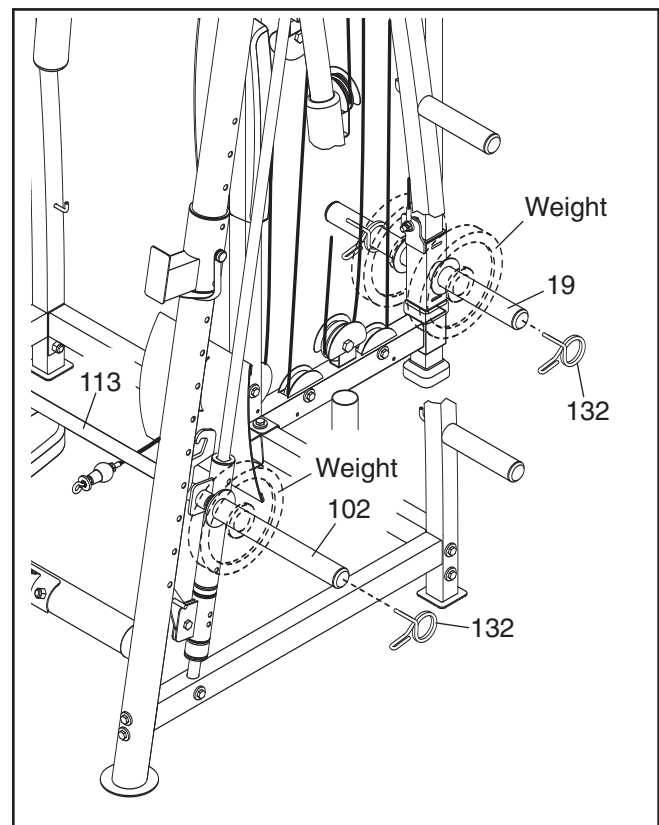
Grip the Locking Bar (114) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Front Uprights (11). Raise or lower the Locking Bar to a new position and turn it until the hooks engage the slots in the Front Uprights.



ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the Barbell (113) or the Weight Carriage (19), slide the desired amount of weight onto the Barbell Adapters (102) or the Weight Carriage. Secure the weights with the Weight Clips (132).

⚠ WARNING: Do not place more than 310 lbs. (140 kg) on the Barbell (113), or 150 lbs. (68 kg) on the Weight Carriage (19). Always place the same amount of weight on each side of the Barbell or the Weight Carriage. Always secure weights with the Weight Clips (132).



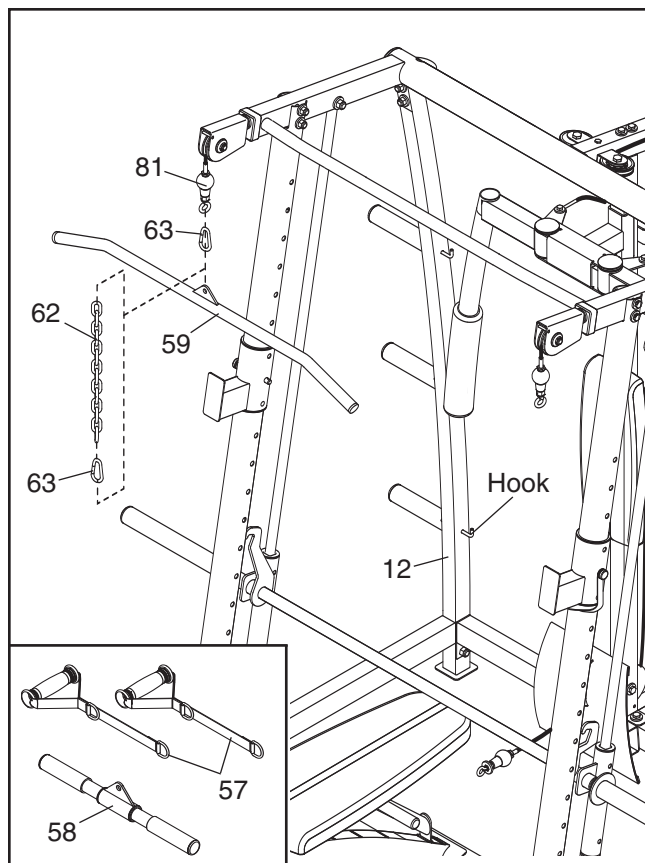
ATTACHING THE ACCESSORIES TO THE HIGH PULLEY STATION

To use the high pulley station, first place the desired weights on the Weight Carriage (see page 31). Next, attach the Lat Bar (59) to the High Cable (81) with a Cable Clip (63). For some exercises, the Chain (62) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

See the inset drawing. The Pulley Handles (57) and the Curl Bar (58) can be attached to the High Cable (81) in the same way.

You can store unused accessories on the hooks on the Rear Uprights (12).

⚠ WARNING: Always disconnect the Lat Bar (59) and the Curl Bar (58) when performing an exercise that does not require using the Lat Bar or the Curl Bar.

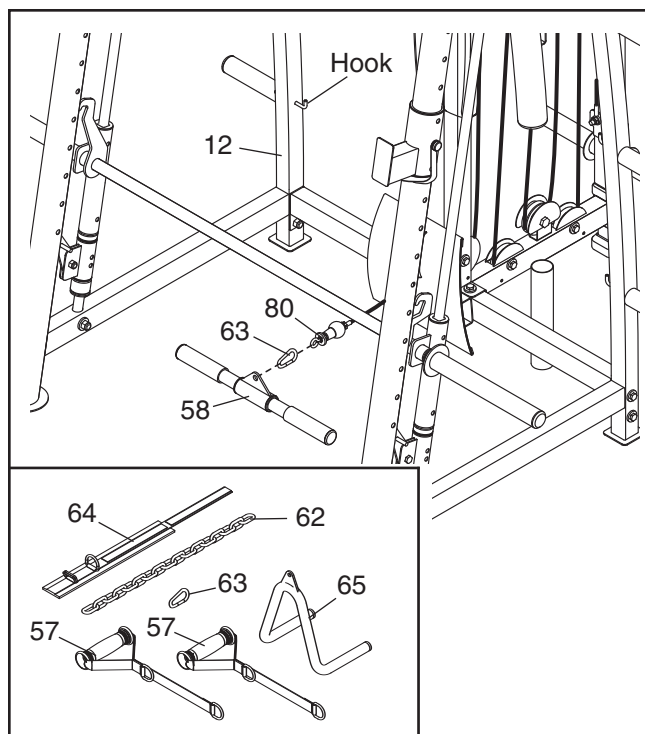


ATTACHING THE ACCESSORIES TO THE LOW PULLEY STATION

To use the low pulley station, first place the desired weights on the Weight Carriage (see page 31). Next, attach the Curl Bar (58) to the Low Cable (80) with a Cable Clip (63). For some exercises, the Chain (62) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Curl Bar and the Cable so that the Curl Bar is in the correct starting position for the exercise to be performed.**

See the inset drawing. The Ankle Strap (64), a Pulley Handle (57), and the Row Bar (65) can be attached to the Low Cable (80) in the same way.

You can store unused accessories on the hooks on the Rear Uprights (12).



MAINTENANCE

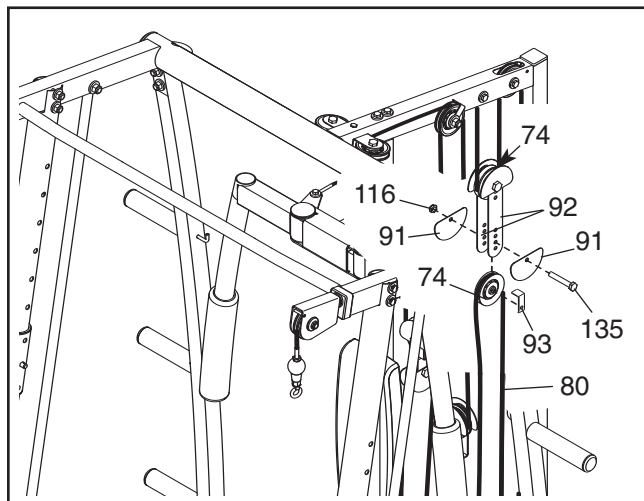
Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight bench.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight bench, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. **See ADDING WEIGHTS TO THE WEIGHT CARRIAGE in the ADJUSTMENT section of this manual.** Add some weights to the weight carriage. Slack can be removed from the cables several ways:

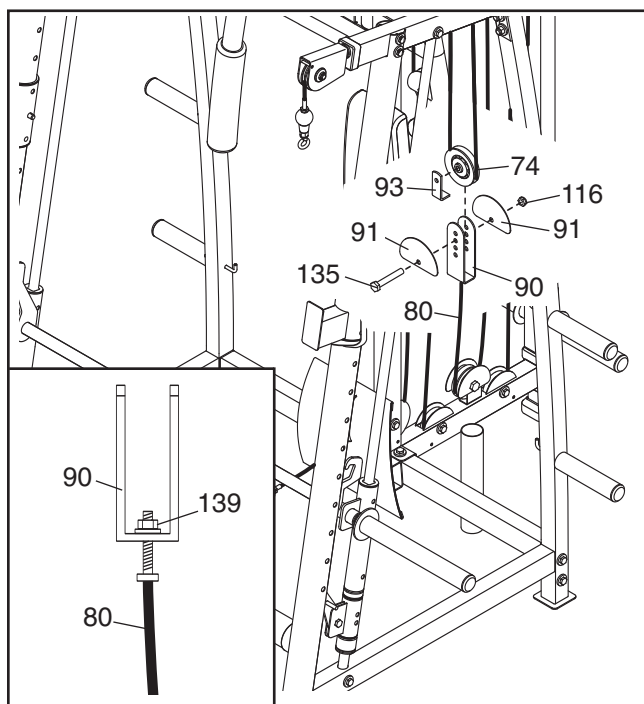
Remove the M10 Nylon Locknut (116) and the M10 x 52mm Button Bolt (135) from the two Half Pulley Guards (91), the Small Cable Trap (93), and the Small Pulley (74) near the lower end of the two Pulley Plates (92). Reattach the Small Pulley, Small Cable Trap, and Half Pulley Guards to a hole closer to the center of the Pulley Plates. **Make sure that the Small Cable Trap is in the proper position and that the Low Cable (80) and Small Pulley move smoothly.**

If necessary, adjust the position of the Small Pulley (74) near the upper end of the Pulley Plates (92) in the same way.



See the inset drawing. Tighten the M8 Nylon Locknut (139) that connects the end of the Low Cable (80) to the “U”-bracket (90).

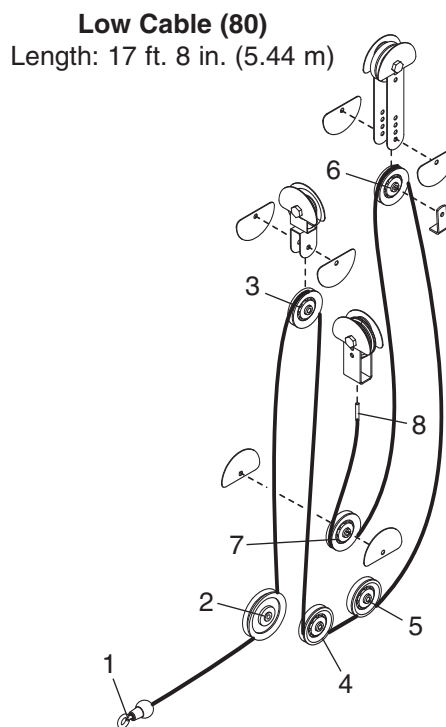
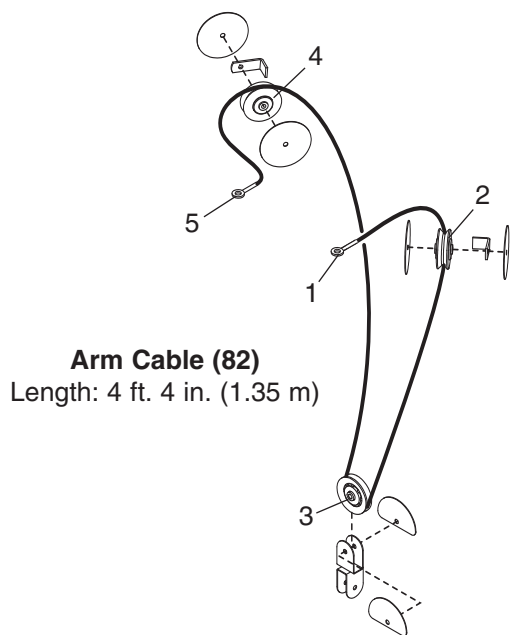
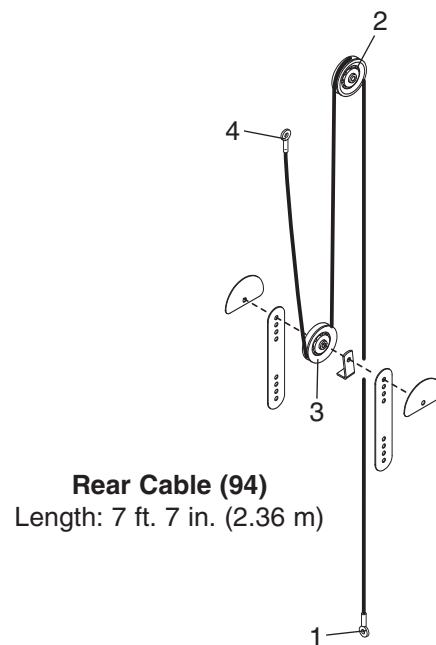
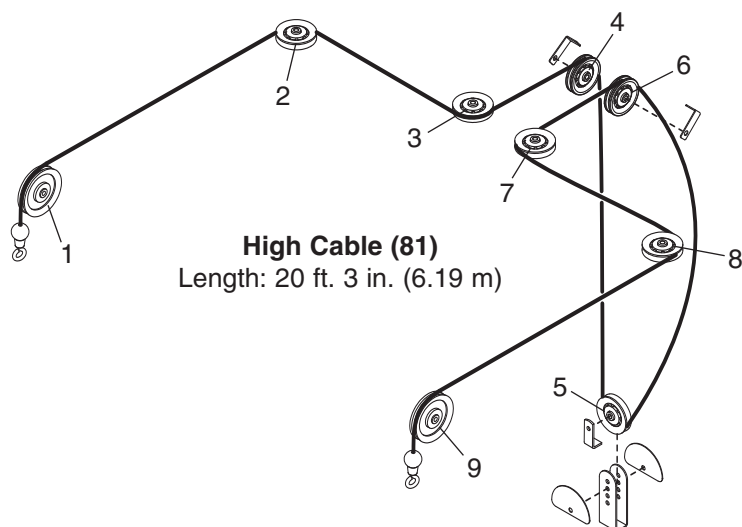
Remove the M10 Nylon Locknut (116) and the M10 x 52mm Button Bolt (135) from the two Half Pulley Guards (91), the Small Cable Trap (93), and the Small Pulley (74) attached to the “U”-bracket (90). Reattach the Small Pulley, Small Cable Trap, and Half Pulley Guards to a lower hole in the “U”-bracket. **Make sure that the Small Cable Trap is in the proper position and that the Low Cable (80) and Small Pulley move smoothly.**



Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables, cable traps, and pulley guards are assembled correctly. If the cables, cable traps, and pulley guards are not assembled correctly, the weight bench will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

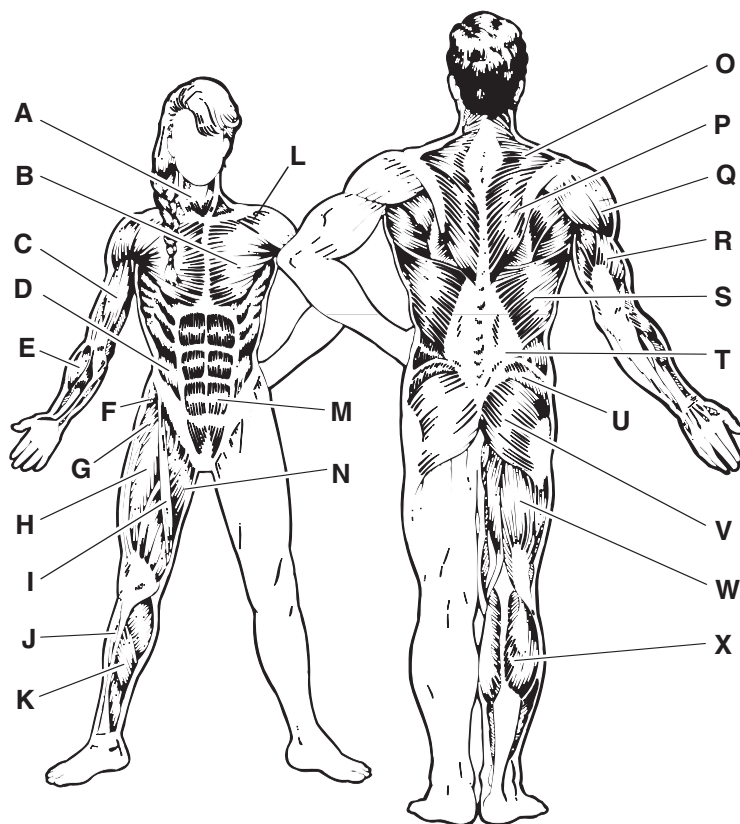
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout (see page 37). List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
 / /

AEROBIC EXERCISE

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
 / /

AEROBIC EXERCISE

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. WEBE4067.0

R0907A

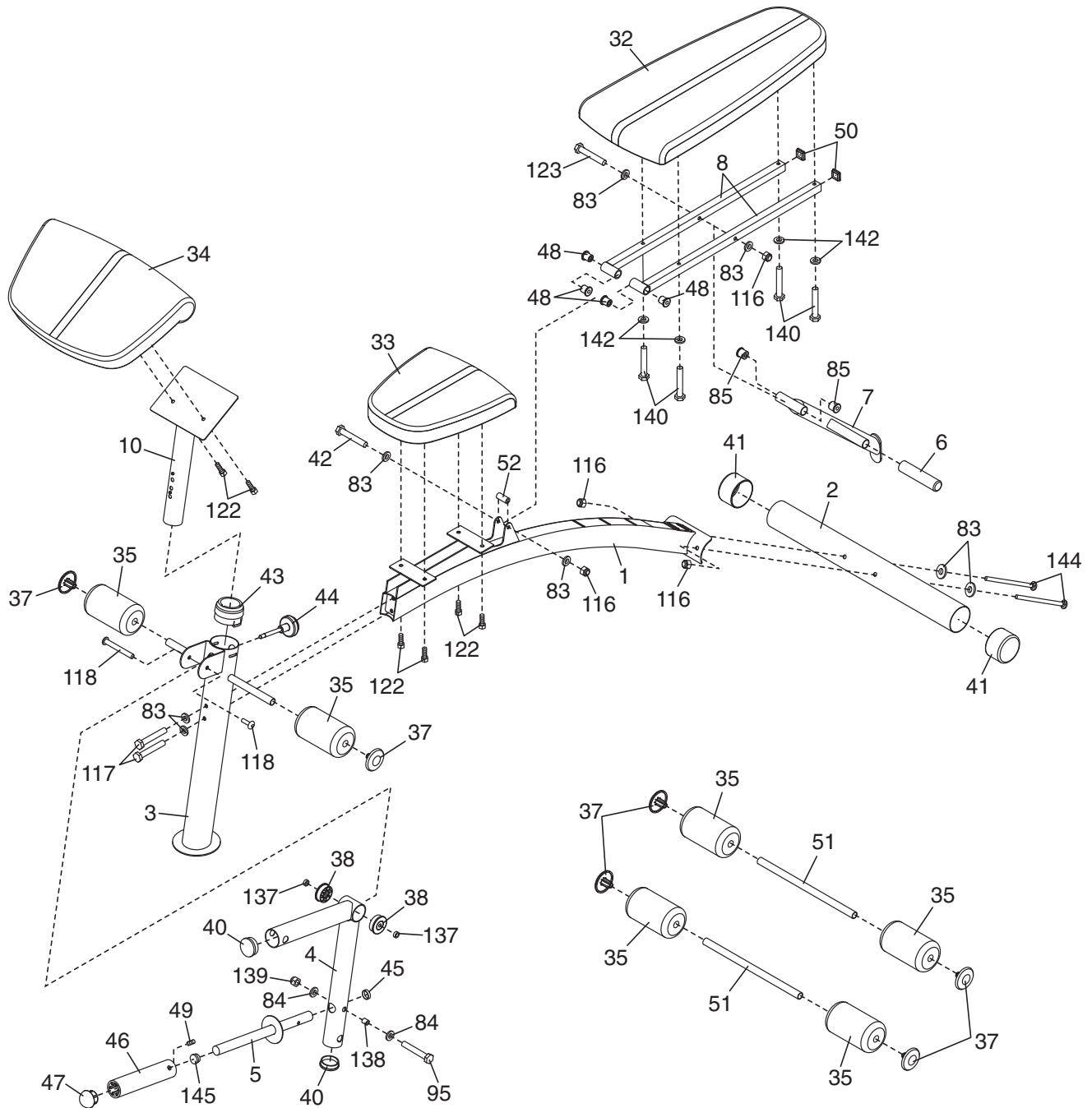
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	51	2	Pad Tube
2	1	Rear Stabilizer	52	1	33mm Spacer
3	1	Front Leg	53	3	M8 Jamnut
4	1	Leg Lever	54	2	Cable Eyelet
5	1	Weight Tube	55	3	Cable Stop
6	1	Backrest Post Handle	56	1	M10 x 20mm Button Bolt
7	1	Backrest Post	57	2	Pulley Handle
8	2	Backrest Frame	58	1	Curl Bar
9	1	Rear Base	59	1	Lat Bar
10	1	Curl Post	60	1	Right Rear Upright
11	2	Front Upright	61	4	25mm Round Inner Cap
12	1	Left Rear Upright	62	1	Chain
13	1	Center Upright	63	2	Cable Clip
14	2	Side Base	64	1	Ankle Strap
15	1	Foot Plate	65	1	Row Bar
16	2	Top Frame Cap	66	11	M10 x 65mm Button Bolt
17	1	Top Frame	67	6	Weight Storage Tube
18	1	Weight Carriage Frame	68	6	48mm x 1.5mm Round Inner Cap
19	1	Weight Carriage	69	1	Center Backrest
20	1	Weight Carriage Base	70	2	Trunnion
21	1	Weight Carriage Upright	71	4	Swivel Bracket Spacer
22	1	Left Arm	72	2	Swivel Bracket Bearing
23	1	Right Arm	73	4	Pulley Cap
24	1	Arm Frame	74	17	Small Pulley
25	2	Barbell Guide	75	2	"V"-pulley
26	2	Weight Rest	76	4	Full Pulley Guard
27	4	Weight Rest Bushing	77	2	Large Cable Trap
28	2	Upright Pin/Tether	78	1	Large Pulley
29	1	Upright Foot	79	2	M4 x 10mm Self-tapping Screw
30	1	Weight Bumper	80	1	Low Cable
31	2	Swivel Bracket	81	1	High Cable
32	1	Backrest	82	1	Arm Cable
33	1	Seat	83	73	M10 Washer
34	1	Curl Pad	84	3	M8 Washer
35	6	Foam Pad	85	2	Backrest Post Spacer
36	2	Weight Carriage Bushing	86	2	M10 Thin Nylon Locknut
37	6	Pad Cap	87	4	Butterfly Bushing
38	2	Leg Lever Bushing	88	4	Bushing Cap
39	2	M10 Large Washer	89	2	Arm Pad
40	2	50mm x 1.5mm Round Inner Cap	90	1	"U"-bracket
41	2	76mm Round Outer Cap	91	12	Half Pulley Guard
42	1	M10 x 175mm Bolt	92	2	Pulley Plate
43	1	Curl Pad Bushing	93	5	Small Cable Trap
44	1	Curl Pad Knob	94	1	Rear Cable
45	1	25mm Round Outer Cap	95	1	M8 x 60mm Button Bolt
46	1	Olympic Adapter	96	4	M10 x 62mm Bolt
47	1	Adapter Cap	97	10	M10 x 70mm Button Bolt
48	4	Backrest Bushing	98	1	Double "U"-bracket
49	3	M8 x 10mm Set Screw	99	2	M6 x 8mm Set Screw
50	2	25mm x 25mm Square Inner Cap	100	4	6.5mm Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Barbell Collar	132	2	Weight Clip
102	2	Barbell Adapter	133	2	M10 x 63mm Button Bolt
103	4	48mm x 2mm Round Inner Cap	134	2	M10 x 94mm Bolt
104	1	Right Barbell Carriage	135	3	M10 x 52mm Button Bolt
105	8	Bar Slide Bushing	136	2	M10 x 60mm Button Bolt
106	4	Barbell Bushing	137	2	Leg Lever Spacer
107	2	Barbell Bumper	138	9	12.5mm Spacer
108	4	13mm Spacer	139	4	M8 Nylon Locknut
109	2	Barbell Spotter	140	4	M6 x 40mm Screw
110	1	Left Barbell Carriage	141	1	M10 x 125mm Button Bolt
111	2	Barbell Spotter Bumper	142	6	M6 Washer
112	2	M8 x 15mm Button Screw	143	2	M8 x 25mm Shoulder Bolt
113	1	Barbell	144	2	M10 x 95mm Button Bolt
114	1	Locking Bar	145	1	25mm x 3mm Round Inner Cap
115	2	Spotter Hook	146	1	115mm Pulley
116	69	M10 Nylon Locknut	147	1	M10 x 80mm Bolt
117	2	M10 x 110mm Button Screw	148	1	50 x 50mm Square Cap
118	1	M10 x 70mm Bolt Set	149	2	Bracket Guard
119	2	M10 x 26mm Button Bolt	150	2	M6 Nylon Locknut
120	4	M10 x 92mm Button Bolt	*	—	User's Manual
121	2	25mm Spacer	*	—	Exercise Guide
122	6	M6 x 20mm Screw	*	—	Grease Packet
123	1	M10 x 170mm Bolt	*	—	Hex Key
124	2	M6 x 48mm Button Bolt	*	—	Free Weight Bar
125	10	M10 x 85mm Button Bolt	*	—	2.5-lb. Weight
126	2	M6 x 65mm Button Screw	*	—	5-lb. Weight
127	2	Top Frame Cap	*	—	10-lb. Weight
128	1	Lower Cable Eyelet	*	—	25-lb. Weight
129	6	M10 x 100mm Button Screw	*	—	45-lb. Weight
130	4	M10 x 75mm Button Bolt	*	—	Cabling Rod
131	5	M10 x 45mm Button Bolt			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

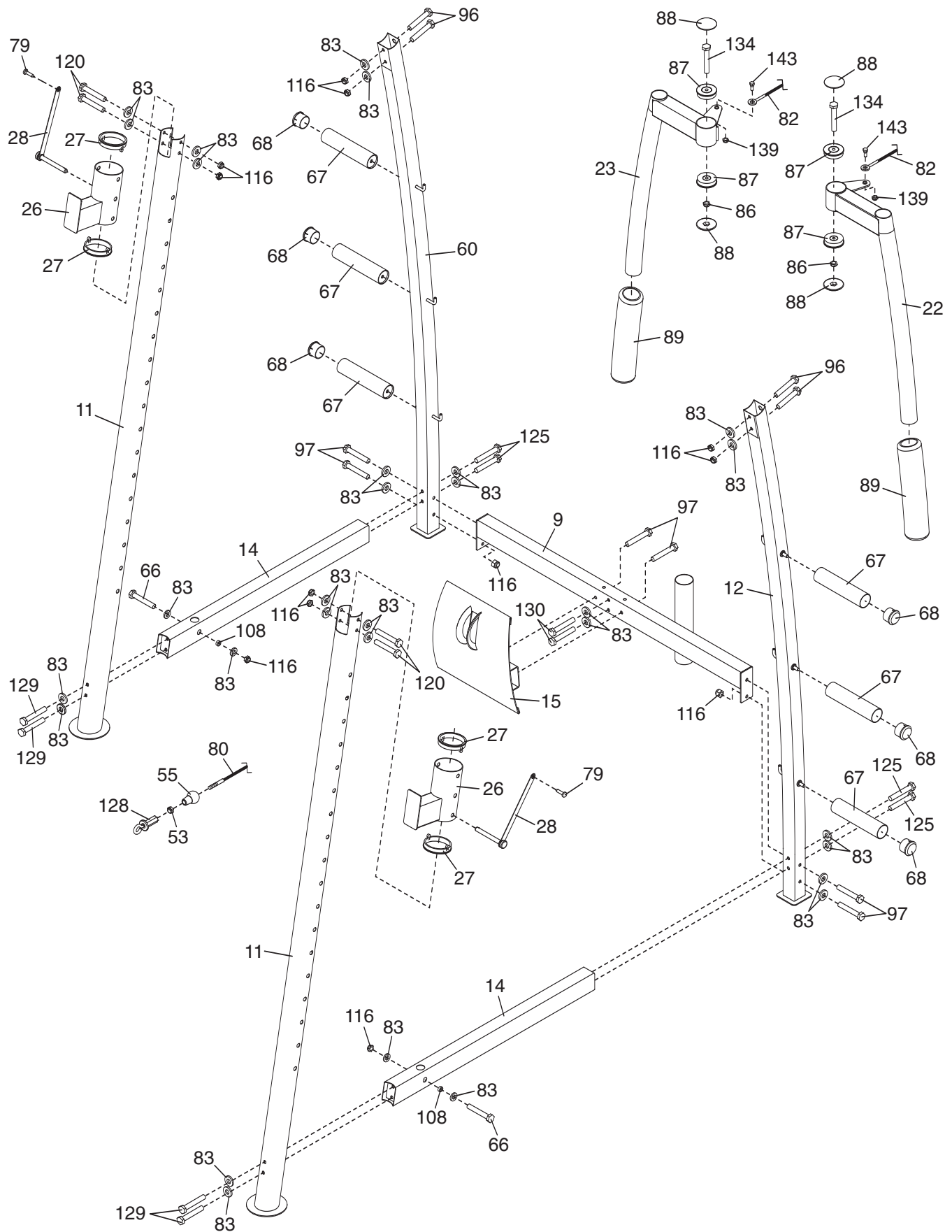
EXPLODED DRAWING A—Model No. WEBE4067.0

R0907A



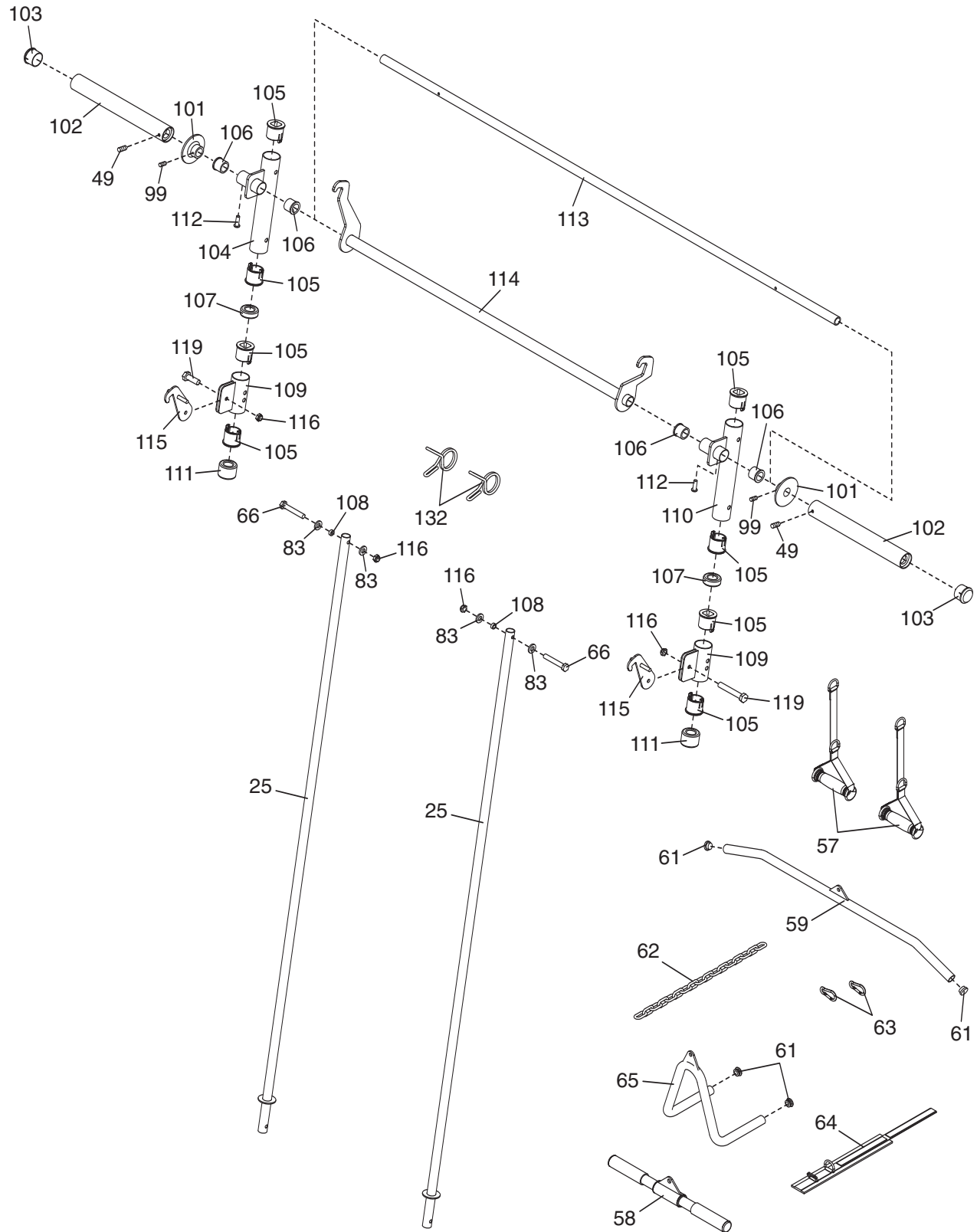
EXPLODED DRAWING B—Model No. WEBE4067.0

R0907A



EXPLODED DRAWING D—Model No. WEBE4067.0

R0907A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813